

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 45

Focus on:

**Mind-set, Nutrition, Exercise, Health**

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st February 2026*



[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)





**Our monthly health packs now contain a massive 50 pages.  
To help you get through it, here is a list of contents for you. Something for everyone.  
We want to encourage you, inspire you, and motivate you. :-)**

Page 3:	Introduction. And photos from various walks before 2020. Great memories.
Page 4-5:	Health News: Recent Research and News
Page 6:	Lazza's Fiendish Quiz (it's tough, and meant to take some time).
Page 7-12:	HMHB - Our January 2026 events with photos: Plus, what's in February 2026.
Page 13:	Lazza's Recipe: FirstTime Pepper/Tomato Chicken from scratch
Page 14-15:	Mind-set: Resolutions / Targets / Goals for 2026.
Page 16-17:	Exercise: Stretching: Some Yoga Stretches ForYou To Try
Page 18-19:	Mind-set: How can I get motivated for 2026?
Page 20:	Lazza's Recipe: FirstTime Fruit Pancakea from scratch
Page 21:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 22-24:	Nutrition: In depth look at Protein and Amino Acids.
Page 25:	Nutrition: Superfoods: This month - Seaweed.
Page 26:	Lazza's Page of Recommendations, News, Life.
Page 27:	Do You Know Your Body?: This month -Your "Small Intestine"
Page 28:	Lazza's Photo Game Page: A UK Television theme this month.
Page 29:	Lazza's Recipe: FirstTime Bacon & Cheese Pastries from scratch
Page 30:	HMHB recommends places to visit in London.
Page 31-32:	Exercise: How do I recover after a workout?
Page 33:	HMHB's Three Weekly Walks: Details and Posters: Hackney, Haringey, Islington.
Page 34-36:	Exercise: NINE Workout Exercises for 2026 ( <i>thx to Spotebi.com</i> )
Page 37:	Lazza's Fascinating Facts to astound people around you.
Page 38:	Health: Diabetes: Blood Sugar
Page 39:	Health: Diabetes: Type 1
Page 40:	Health: Diabetes: Type 2
Page 41:	Health: Diabetes: Insulin / Prevention
Page 42:	Lazza's Funny Joke Page
Page 43:	Lazza's Recipe: FirstTime Apricot and Chocolate Loaf Cake from scratch
Page 44:	Lazza's Letter Game Page - this week the letter "W"
Page 45-47:	Promoting some of our Partners: Plus fun quiz answers from Page 21
Page 48:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 49:	Tough Quiz answers from Page 6 and photo game page answers from Page 28.
Page 50:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



**"It's good to start over.  
It will be scary but you will see what you're really made of.  
It's the best opportunity to achieve what you never thought you could."**

***Welcome to Issue 45 of Healthy Minds, Healthy Bods' New Monthly Health Packs.***

From April 2020 to March 2021, through the Pandemic, HMHB was providing weekly health packs, all 50 of which can be found in PDF form on our website, with content details: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk).

We then went monthly for 7 issues.

Our new venture for 2022 onwards is here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

Now an incredible 50 pages. HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress, and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

For these packs to happen, there are so many people to thank. That includes Islington Council who print some copies to post to those who have no internet, our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom have been HMHB supporters since inception.

We also like to thank Islington Giving, the Cripplegate Foundation, and the National Lottery, all of whom have funded our health packs in the past, and continue to do so.

**Lastly, we thank you, our readers,  
who have given us such  
incredible feedback. Yay!!!**



**Here are some photos from past walks, all of which were at least seven/eight years ago. Wonderful memories. Fantastic group.**

**HMHB has delivered across Islington and beyond.**

**HMHB get referrals from the NHS and other local projects.**

**Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.**



## HEALTH NEWS AND RESEARCH PAGE

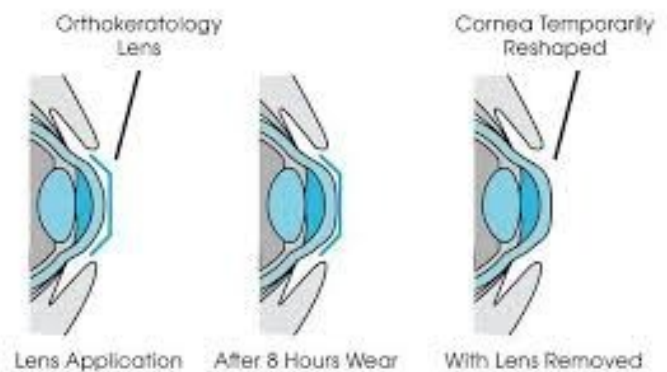
Some recent health research that we find interesting.

### Orthokeratology.

It is possible you have already come across this, as it has actually been around since the 1960s, but became more prevalent in the 1980s and 1990s.

The technology surround it is advancing though. It is the use of special contact lenses, that you wear overnight, and it apparently can help reshape the cornea so users experience clear vision throughout the day without the use of glasses.

Your cornea is a clear, dome-shaped window in the front of your eye that focuses light onto the retina and is responsible for most of the eye's ability to focus. Its tissue is very flexible.



The optician will map and measure the surface of your cornea using an instrument called a corneal topographer and then design a lens especially for your eye. The cornea map is created by reflecting light off the surface of the eye. The machine doesn't touch your eye, and there is no pain. The corneal topography map shows your ophthalmologist the shape and curves of your cornea.

The lenses work by flattening the centre of the cornea, changing how light is bent as it enters the eye. Most orthokeratology lenses are worn overnight to flatten the cornea, then removed during the day. These overnight lenses are rigid, gas-permeable lenses that are sturdy enough to reshape the cornea, but also allow oxygen through so your eye stays healthy.

When ortho-k lenses are removed the cornea stays flattened for a while and vision is corrected without the need for glasses. If you stop wearing the lenses at night, your eyes will eventually go back to their original shape and the refractive error will return. You have to keep wearing the lenses regularly to keep the vision correction.

### Japanese Tree Frog can help with Cancer

It has long been known that amphibians and reptiles rarely get Cancer. Researchers from the Japan Advanced Institute of Science and Technology wanted to see whether transferring gut bacteria from frogs to mice might have any anti-cancer effects. A total of 45 different bacterial strains from frogs, newts, and lizards were shortlisted for testing, with 9 strains showing notable tumour-fighting capabilities.

The most impressive of the bunch was the Japanese Tree Frog bacteria, "*Ewingella Americana*". While other strains showed short-lived anti-tumour effects, a single dose of *E. americana* didn't just shrink tumours in treated mice – their tumours disappeared completely. What's more, when cancer cells were reintroduced 30 days later to mice treated with *E. americana*, tumours did not develop in the following month.

Further analysis revealed that *E. americana* works in two ways: It attacks tumour tissue while also amping up the body's immune response, enlisting extra help from T cells, B cells, and neutrophils - key fighters in the immune system. It's still early days, and much more testing is needed to see whether the findings of these animal studies could translate into humans, but it is still exciting research.

## HEALTH NEWS AND RESEARCH PAGE:

### Some recent health research that we find interesting.

#### Experimental drug may stop Alzheimer's

An experimental drug developed at Northwestern University, Illinois, has shown fresh promise as a potential early intervention for Alzheimer's Disease. Researchers identified a previously unknown and highly toxic form of amyloid beta that appears to drive the brain's earliest pathological changes. Amyloid beta ( $A\beta$ ) is a naturally occurring protein fragment in the brain that normally gets produced and cleared away without issue. In Alzheimer's disease, this clearance process fails, causing the protein pieces to clump together into toxic amounts that disrupt brain cell communication and function.

In a new study, scientists found that a distinct sub-species of amyloid beta oligomers –small, toxic clusters of peptides – may play a central role in triggering neuronal dysfunction, inflammation and immune cell activation long before memory loss begins. The experimental compound, “NU-9”, was able to significantly reduce this toxic subtype and limit the damage it causes in a mouse model of Alzheimer's disease.

By targeting the disease at its very earliest stages, researchers believe NU-9 could potentially prevent, or substantially delay, the cascade of events that ultimately leads to widespread neuron loss.

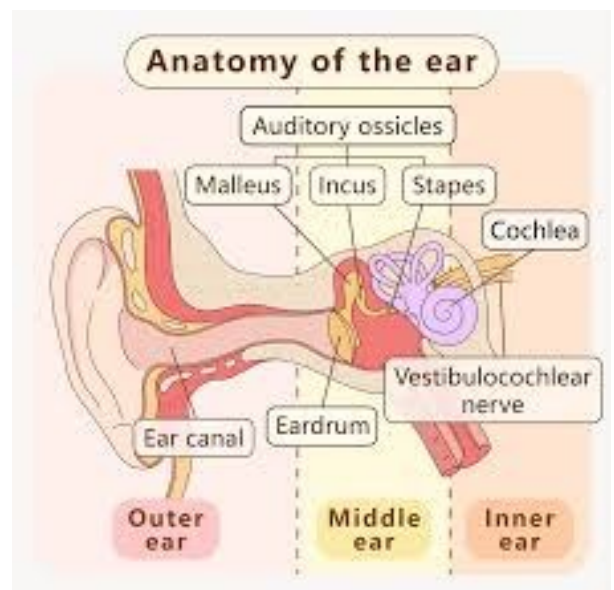


One researcher said: “Most people are used to monitoring their cholesterol levels. If you have high cholesterol, it doesn't mean that you will have a heart attack soon. But it's time to take drugs to lower your cholesterol levels to prevent that heart attack from happening down the road. NU-9 could play a similar role. If someone has a biomarker signalling Alzheimer's disease, then they could start taking NU-9 before symptoms appear.”

#### Some Deafness cured with 3D printed Bones

In a historic breakthrough that sounds like science fiction, Professor Mashudu Tshifularo - based at the University of Pretoria and Steve Biko Academic Hospital - has become the first person in history to lead a team in curing a specific type of deafness using 3D-printed bones. It restored the hearing of a 35-year-old man whose ears had been damaged in a car accident.

The secret lies in the “Ossicles” - the three tiniest bones in the human body: the hammer (malleus), anvil (incus), and stirrup (stapes). When these are damaged due to trauma, infection, or birth defects, it leads to conductive hearing loss. Professor Tshifularo's team used 3D scanning to map the patient's ear and the 3D printed exact replicas of these bones using biocompatible titanium. This allowed for a perfect fit, much like a hip replacement, which was then inserted using a minimally invasive endoscope.



**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 49 this week (no peeking)**

**FILMS:**

From the first in 1995, can you name the first 20 Full-Length Pixar Animations films released.

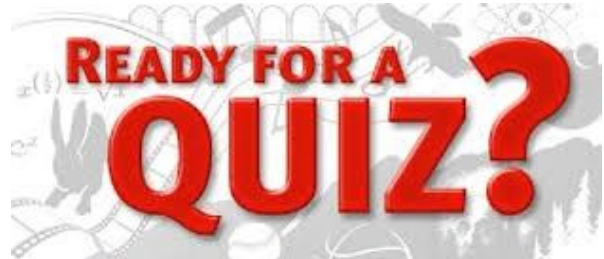
It may be harder than you think.

**COUNTRIES:** Decipher the letters to find a country of the world.

1. ABELNNO
2. AEHKNOORRT
3. AEEELNUVZ
4. AEIKNRU
5. AGILMNOO
6. AGHNRUY
7. AEHIIOPT
8. ACDEEEPRV
9. AAEIMNR
10. AAAEGLMTU
11. AAHIILNTU
12. CEEHLLSSY
13. ADEEINSSTTTU

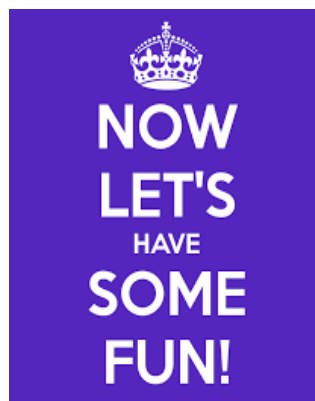
**MUSIC:** Who sang these Songs with "You" in the title, and the year it was originally released.

1. You Really Got Me
2. You Can't Always Get What You Want
3. Got My Mind Set On You
4. With Or Without You
5. Shine On You Crazy Diamond
6. You Give Love A Bad Name
7. I Put A Spell On You
8. Just The Way You Are
9. When You Say Nothing At All
10. Have I Told You Lately
11. We Will Rock You
12. All You Need Is Love
13. Never Gonna Give You Up
14. I Just Called To Say I Love You



**LYRICS:** Can you name the songs from these lyrics, and the year it was first released?

1. It's better to burn out, than to fade away.
2. For what is a man? What has he got?
3. Take my hand, take my whole life too.
4. I'm a shootin' star, leaping through the sky.
5. Lonely rivers flow, to the sea, to the sea.
6. If I should stay, I would only be in your way.
7. Big wheel keep on turning
8. I got chills, they're multiplying
9. If I was a sculptor, but then again, no
10. Ridicule is nothing to be scared of.
11. Though it's hurting me, now it's history.
12. I see a little silhouetto of a man
13. You may say I'm a dreamer
14. He's the man, the man with the midas touch
15. Always in time, but never in line for dreams
16. It's close to midnight, something evils lurking ..
17. Hands, touching hands, reaching out.



**PEOPLE:**

Can you list the last ten US Presidents who represented the Democrats?

Yep, this is a lot tougher than it first appears.  
 Dio you know your Republicans and Democrats?

**Try and answer all before you look at the answers. Test yourself. Take your time.**  
**I think it is particularly hard this week - deliberately done!!!**



## HMHB Activity: Photos and Events from JANUARY 2025

What a treat we had at the start of January with our second trip to the wonderful King's Head Theatre, off Upper Street, where this time we caught the "adult" production of Jack and the Beanstalk.

It was definitely not for the kids I can tell you. An hilarious show full of innuendo, a even a little bit of naughtiness, but the audience drank it in. The cast were clearly enjoying themselves and the show itself was excellent.

The King's Head is a cracking venue, and they have recently released all their shows for several months to come. Do give them a go. Prices are competitive and it is a good mix of plays and musicals.

[www.kingsheadtheatre.com](http://www.kingsheadtheatre.com)



Our walks continue every week, and check out Page 33 for all the details, with our flyers there.

Here we are pictured near to the start of January between the ponds at the base of Clissold Park.

The pigeons are flirting with us as we brought seeds for the swans and ducks, which were contending with ice on this particular day.

Do come and join us, we would love to see new faces joining our wonderful regulars.

[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)



We had our second visit to Sadlers Wells at the start of January to see The Red Shoes - a wonderfully choreographed ballet by the brilliant Sir Matthew Bourne (who incidentally liked out tweet we sent out afterwards!!).

This visual production is based around the Hans Christian Anderson fairy tale, and the subsequent film from the 1940s.

It is quite a clever story, and also a little tricky to follow in places (some of us were reading up afterwards), but the costumes, dancing, and staging were all magnificent. Check our future shows.

[www.sadlerswells.com](http://www.sadlerswells.com)





## HMHB Activity: Photos and Events from JANUARY 2025



Our first proper group outing of January found us at the Tate Modern one Saturday lunchtime.

And what a treat we had.

We were lucky to go in to discover a free tour with a guide starting at 1pm.

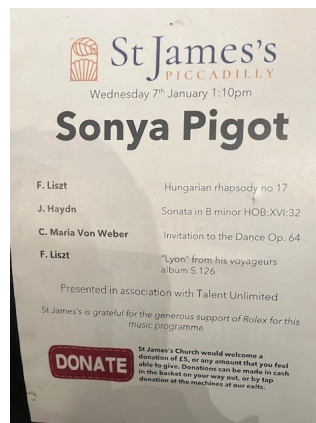
So we spent around half an hour ourselves looking about, which was great, before joining up with a fabulous guide taking us through the 20th Century, from Cubism, to Surrealism, and more, as well as various artists.

Here we are pictured in the Mark Rothko room, dedicated to thirteen of his extraordinary paintings. Wonderful stuff.

[www.tate.org.uk/visit/tate-modern](http://www.tate.org.uk/visit/tate-modern)

Lazza's inventive and unique Thursday evening "Quizerium" - a quiz with a difference - returned in January, with ten rounds to befuddle, bemuse, and completely bewilder our users.

Deliberately put together so anyone can win, it is more about using imagination and guesswork, coupled together with fun. Rounds include: true or false, numbers, picture, call my bluff, name that year, dingbat, and more. I absolutely love putting them together, and I even include a few jokes in between the round, that maybe are funny if people are lucky. Yay!!!



We were treated to a melodic and flowing piano concert at St James's Piccadilly on the 7th Jan.

In 2025, Sonya was a semi-finalist in the Liszt Utrecht International piano competition at the Tivoli Vredenburg, Netherlands and her performing career has taken her worldwide to prestigious venues such as Wigmore Hall, Steinway Hall, the Royal Albert Hall and concert halls throughout Asia, Australia and Europe.

We felt very lucky to be able to listen to such a talented musician for free.

[www.sjp.org.uk/free-concerts](http://www.sjp.org.uk/free-concerts)



## HMHB Activity: Photos and Events from JANUARY 2025

We attended a really good free concert at St. James's Church, Piccadilly, with four very talented musicians forming a String Quartet, playing pieces by Beethoven, and a female composer Mayer. The four ladies are all in the last year at the Royal College of Music, and have performed at several venues already, so we felt extremely fortunate to get this opportunity to hear them in person. The pieces they played - Beethoven String Quartet in A Minor, and Emile Mayer (who composed just after Beethoven's time) String Quartet in G Minor - required a high level of musicianship. Check out more free concerts at SJP website.

[www.sjp.org.uk](http://www.sjp.org.uk)



What a fabulously diverse group we have. This is just some of us at our fitness class on Tuesday at Highbury Leisure Centre. Working with our partners Better Gym, we have a terrific inclusive class of all ages and abilities, but always inspiring. I am astonished at just how hard they work, normally without very little moaning!! We make it fun, accessible, but also push ourselves to our limits. Do come along and join us if you want. We go into the centre around 9:25am Tuesdays. I guarantee you will feel better afterwards.



We had a very interesting and informative afternoon at a Winter Warmers events at Islington Museum during the month.

The Curator, Sarah Guzman, took us through some of her favourite exhibits, that are not on public display, as well as talking about local history.

We all learned a lot.

Islington Museum is definitely worth a visit, and is a short walk from Angel Station.

The Islington Winter Warmers events are from January into March, are all free, and most are just to turn up and enjoy. Check out their website and see if there is something you like.



[www.islington.gov.uk/winterwarmers](http://www.islington.gov.uk/winterwarmers)  
Google "Islington Museum" for details

## HMHB Activity: Photos and Events from JANUARY 2025

We had such a fun time at the first 2026 Sadlers Community Engagement with Caram'el Soldier, a terrific lady who was just full of fun.

She is a "creative entrepreneur, producer, and performing artist known for work in dance and cultural exchange, empowering people through creative projects, and managing live events, with a mission to foster connection and inclusivity". As you can see from the large number of people in the photo, we all enjoyed the session as we learned various moves dancing in a circle with multiple partners. What a start to the year.



We had our usual visit to the Second Chance Café, part of St. Mary's Church, Stoke Newington Church Street, and were very happy to experience their three soups (red, yellow, green), fruit crumble and custard, all washed down with coffee and tea.

We even dropped off some homemade cake (blueberry and banana loaf cake, a fruit tea loaf cake) and some chocolates from Christmas).

The volunteers were welcoming as always, and it is worth popping along for the lunch.

Every Friday 11am to 2pm.

[www.2ndchancecafe.co.uk](http://www.2ndchancecafe.co.uk)

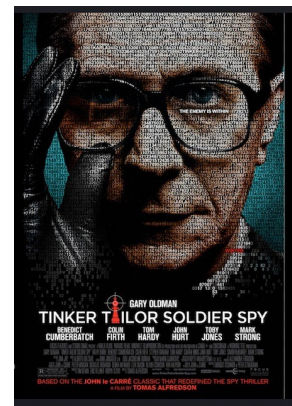
We have been enjoying a few of the Islington Winter Warmer's events, and they are definitely worth checking out for February and March ahead. Website details below.

We went to Islington Museum to watch a showing of the film - Tinker Tailor Soldier Spy - with Gary Oldman playing the role of George Smiley, with lots of other big stars in the film too.

A clever spy thriller by John Le Carre.

Do check out more events at the website.

[www.islingtonlife.london/things-to-do/finsbury-winter-warmers](http://www.islingtonlife.london/things-to-do/finsbury-winter-warmers)



One of my lucky finds from 2025 were these free lunchtime classical music concerts based at the St. James's Church, Piccadilly.

And we had another special treat with a Paino Trio (which is piano, violin, cello) performing two pieces by Haydn and Brahms.

This extremely young trio - calling themselves Trio Myrthen - are part of the Guildhall School of Music and Drama, and played superbly.

[www.sjp.org.uk](http://www.sjp.org.uk)





## HMHB Activity: Photos and Events from JANUARY 2025

We had a very special treat in January.

We visited the Southwark Playhouse Borough to catch a terrific play called *The Olive Boy*, written and performed by the talented Ollie Madigan, focusing on the grief after his mother's death when he was only 15 - as a schoolboy, having to move, dealing with life and emotions at the time.

And we were privileged to have Ollie come out and talk to us afterwards, which was special especially as a few of our group have had recent losses too.

We thank Southwark Playhouse, and Ollie, as our group thought the production was excellent, and covered the topic very well.

[www.southwarkplayhouse.co.uk](http://www.southwarkplayhouse.co.uk)



Another terrific dance session, this time at the Sadlers East building on the Queen Elizabeth Olympic Park at Stratford.

Our gang joined a much larger group for another community engagement session.

These are fantastic for our users, and the others who attend, as they allow us to move and dance, improve flexibility and fitness, but do it in a very fun way, with a diverse selection of events.

Stratford East is well worth a visit too.

Check out the events there on the website.

[www.sadlerswells.com/whats-on](http://www.sadlerswells.com/whats-on)

Here we are on the very back row furthest from the stage at the London Coliseum. But I think the view and sound is great from there, and we caught *HMS Pinafore*. It really was a superb production with laughs, good songs (which many are recognisable), and terrific staging and costumes.

Opera is not for everyone, but this is slightly different, and the good thing is it is not only sung in English but has captions come up above the stage to help anyone struggling to understand what is actually being sung.

Tickets can be competitively priced. Do check out the website for balcony seats.

[www.londoncoliseum.org](http://www.londoncoliseum.org)



## HMHB Activity: Photos and Events from JANUARY 2025

What a terrific visit to the Tate Britain we had,  
which demonstrates timing is everything.

We arrived just in time to join a fascinating free  
guided tour of “animal references” in Art - covering  
pictures and sculpture from many artists including

Francis Bacon, Hogarth, and Damien Hirst.

We then stopped for a coffee/tea before joining  
another cracking free tour with JMW Turner as our  
subject, covering various of his works.

It really was a brilliant visit, and here we are  
pictured with others on those tours. Thanks so much  
to our wonderful guides. Do have a visit.

[www.tate.org.uk/visit/tate-britain](http://www.tate.org.uk/visit/tate-britain)



Another fun karaoke session at The Coronet on  
Holloway Road on a Friday night.

Great voices by Rob, Justin, Yannakis, and Lazza,  
as we warbled our way through quite a few songs,  
some of which even sounded fine.

It is a fun evening, and you do not have to sing to  
come along and enjoy it.

Being able to offer so many diverse opportunities  
to socialise is very important.

We had our first ever visit to Kenwood House,  
Hampstead, on Saturday 31st.

It was also my first ever visit and I was blown away  
by the gorgeous house and view, and then the  
cracking Art Collection, with many famous artist  
on the walls of this magnificent 18th-century,  
neoclassical villa, with stunning interiors designed  
by Robert Adams. We will be returning in the  
summer to see the gardens in bloom.

[www.friendsofkenwood.org.uk](http://www.friendsofkenwood.org.uk)



### Looking forward to February 2025 - just look at the astonishing line up below.

3 x Sadlers Wells Islington Community Engagement: 20 of us at Francis Crick Lecture on Antibiotics.

4 x Classical Lunchtime Concerts at St. James's Church, Piccadilly: WW visit to Arsenal Stadium.

Karaoke at the Coronet, Holloway. A lunch at the Second Chance Café.

21 of us at “Alien Earths: What Make Us Special?” lecture through Gresham College.

Comedy Nights at both Riverside Studios and Islington's Pleasance Theatre

A trip to the London Archives: A comedy night in Piccadilly.: 4 of us watching QI being recorded.

A tour of the Almeida Theatre: 2 x Free London Symphony Orchestra Lunchtime Concerts.

Alongside our three weekly walks, exercise sessions, courses, friends meeting up and Lazza's Quizerium.



## NUTRITION: Lazza's Kitchen Adventure

### Pepper/Tomato Chicken

**Lazza has been trying out new recipes for over four years**  
**His first time making: Pepper/Tomato Chicken from scratch**

#### Ingredients

2/3 large chicken breasts  
Plum Tomatoes—halved  
Chopped Onion, and garlic  
Two Red + 1 Yellow Peppers Chopped  
Passata: Cream Cheese  
Tomato Puree - generous squeeze  
Balsamic Vinegar: Worcestershire Sauce  
Dijon Mustard: 1 teasp Sugar  
Oregano: Basil: Paprika  
Salt and Black Pepper

**First used in 1336 for the table of King Philip VI, Dijon Mustard assumed its current form in 1856 when Jean Naigeon of Dijon replaced the vinegar usually used in prepared mustard with “verjuice”, the acidic juice of unripe grape. France requires 35,000 tonnes of mustard seed to make Dijon mustard and 80% of the seed is imported from Canada, mainly from Alberta and Saskatchewan where most of Canada's mustard seeds are grown.**

I first chopped the chicken breasts into small chunks, cooking them until light brown and putting them aside.

The halved plum tomatoes I roasted in the oven for 15 minutes to allow them to soften.

In a casserole pan I put some oil and cooked up the chopped onion, the garlic, and the Red and Yellow chopped peppers until they softened.

I then added the Passata, tablespoon of Balsamic, 2 tablespoon of Worcestershire Sauce, a good squeeze of Tomato Puree, the teaspoon of mustard and the sugar. If you want you can also add some white wine vinegar. I gave all this a really good stir. I then added back in the chicken and the roasted halved tomatoes.

I sprinkled in some oregano, basil, and paprika, and allowed this to cook for a further 10-15 minutes. I stirred in around 180g of Cream Cheese and cooked for a further 5 minutes, with some seasoning too.



**During the pandemic and lockdowns,**  
**Lazza decided to try a new hobby - cooking.**  
**Why not try out some new recipes and foods yourself?**  
**More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)**  
**This was a great, and very tasty, dish to prepare.**

## MIND-SET:

### Let's talk resolutions/targets/goals - pt 1

Yes, I know this is the February issue, and you would probably have expected me to talk about resolutions in January, but there is a good reason I put it off a month. I want to try and instil in people the purpose of setting relevant goals and maintaining focus.

According to a study in 2024:

- Only 9% of people successfully keep their New Year's resolutions.
- 23% quit in the first week, 64% by the end of the first month, and 81% before the end of the second month.
- Strava, a running and cycling app, identified the second Friday in January as "Quitters' Day" — when most people abandon their goals.
- 43% of people expect to give up on their goals by February.

Those are quite stunning figures. Why does this happen?

Most people start the year with good intentions and clear objectives, but they quickly get stuck in a loop of knowledge without action. In other words, they know they want to change, they may even know how they can achieve that change, but they are not actually proactive in making that change occur.



I have to admit, I can be that person too. I am fallible.

I do make resolutions, and many of them are around HMHB, but also I make personal ones - normally focusing on my own health and fitness. But I seem to be stuck in that revolving circle of doing something, dropping back, doing something, dropping back.

I think, first we have to understand why setting targets and goals (or resolutions) is important.

A target gives us a clear direction and focus. It helps us prioritise our actions and make decisions that align with our objectives. Without goals, we may feel lost or unsure of what we want to achieve, leading to a lack of motivation and productivity. We briefly looked at this in the last issue when we talked about being realistic in what we want to achieve as well as understanding that it can take time.

HMHB's motto is encouraging, motivating, inspiring. Goals give us something to strive for and motivate us to take action. When we have a clear goal in mind, we are more likely to push through challenges and obstacles to achieve it. Goals also inspire us to be our best selves and reach our full potential.

Goals allows us to track our progress and measure our success. It gives us a sense of accomplishment when we achieve our goals and helps us identify areas for improvement. This feedback loop is crucial for personal growth.

**"It is never too late to be what you might have been."  
(George Eliot)**



## **MIND-SET:**

### **Let's talk resolutions/targets/goals - pt 1**

So, how has January gone for you. I am typing this page on the Friday 9th January, so there is three weeks still to go till I send this issue out - three more weeks for me to work on my own targets.

However, based on those figures on the previous page, it is odds on that many people reading this will not still be 100% focussed on the end game.

This can change though. This is "Mindset". This is the challenge that is set to all of us. Are we going to allow events around us to manipulate our own thinking, or are we going to be the ones in control? You have that control. You really do. Are you willing to take up that challenge?



Let's sort of reset. Let's presume it is still the end of 2025 and 2026 has not actually begun as yet.

What are your hopes and dreams for 2026? How can you make them a reality? What do you need to do to make things happen, to achieve the results that will bring you happiness?

One of the biggest goals is having that action plan and not procrastinating about starting it. We do tend to put things off. Far too often. And then if something trips us up we then just stop all together. I know people who have had addictive behaviour - and I count myself in that list - and they constantly go back to the bad behaviour as it sort of helped them through bad times. We know we shouldn't do it, but we do. Sacrificing things we like is very hard.

I have an operation coming up in February, and I am almost certain I have buggered it up as I will not be the weight the surgeon wants me to be. I did really well last summer and dropped a Stone and a half in just 6 weeks. It's back on again. My fault. I cannot blame anyone else. I feel like a failure. I know I have to step up this year. I am going to be 60. If I don't do it this year I am raising all my risks of poor health and possible life threatening events - heart attack, stroke, etc.

Another thing is understanding that even achieving a goal does not mean you stop. Some might set themselves a goal of tidying their flat, decluttering, sorting, scrubbing, etc. And maybe in a week or two of hard graft they succeed. Blow the trumpets and sound the fanfare. However, if you then just resort to the same behaviours as before, your flat will soon become mucky, cluttered, and need more hard graft. Whereas, changing your behaviour to keep it clean and tidy is the better option. Your routines need to change. Are you willing to do that?

And try not to gauge all your happiness on that target. As we have already discussed, there will be lots of ups and downs along the way. Many stop aiming as they think any failures that occur mean they will never reach their goal. Happiness is not reliant on always being successful. Look around you. Look what you have. Take even a small win as an achievement.

Finally, write things down. Make a plan. And be proactive. Understand failure. Enjoy this life.

## EXERCISE/FITNESS: STRETCHING

**Some simple Yoga stretches to start your morning. (*Spotebi.com*)**

In simple terms, “stretching” is when we deliberately flex or stretch a specific muscle in order to improve the muscle’s elasticity. The result is a feeling of increased muscle control, flexibility, and range of motion.

It is also used to improve function in daily activities by increasing range of motion.

When we stretch it helps work out any stiffness or tightness in our muscles and joints caused by spending an extended amount of time in a single position. In the long term, this helps maintain a wide range of mobility and flexibility. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight.

Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

That puts you at risk of joint pain, strains, and muscle damage.

Let’s just do a few stretches. Daily stretching is really good for you, as detailed above.

It is not just about warming up before an exercise session, or warming down after completing one.

Stretches are something we all need to do every day to stay supple, flexible, and healthy.

Check out our other monthly packs for other stretches. Some stretches we show are repeats. But that’s cool.

### BOUND ANGLE STRETCH POSE

Sit down on the floor or mat, bend your knees, press the soles of your feet together, and drop your knees out to the sides.

Lengthen your torso, grasp your big toes and stay in bound angle pose for 1 minute to 2 minutes. Remember, bring your heels close to your pelvis, press the hips down, lengthen your spine, drop the shoulders down and back and open your chest.

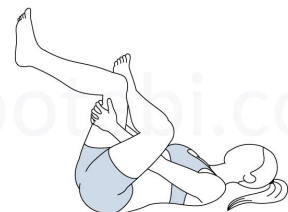
This stretch opens and stretches the inner thighs, groins, hips, and chest, and lengthens the spine. It also stimulates the abdominal organs and the respiratory system and improves circulation.



**When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.**

### EYE OF THE NEEDLE STRETCH POSE

Lie on your back and bend both knees. Cross your left leg over the right, clasp both hands around the back of your right leg’s thigh and bring the right knee toward the chest. Stay in eye of the needle pose for 30 seconds, then reverse leg positions and repeat. Remember, keep your back flat on the mat and, as you exhale, draw your knee in toward your chest. Stretch only as far as it feels comfortable and breathe deeply and slowly. The eye of the needle pose stretches the glutes, hips, and lower back. This yoga pose increases blood flow and circulation to the legs and hips, relieves cramps, and reduces anxiety.



***If you have any personal health concerns re stretching, always check with a medical professional before starting.***



## EXERCISE/FITNESS:

**Some more simple Yoga stretches to start your morning. (Spotebi.com)**

### HALF LORD OF THE FISHES STRETCH POSE

Start sitting and cross your left leg over the right, placing the sole of your left foot on the outside of your right thigh. Rest your left hand on the floor, twist your upper body to the left and pull your left knee toward the chest with the help of your right arm. Stay in half lord of the fishes pose for 30 seconds and then repeat on the opposite side. Remember, keep your chin parallel to the floor, elongate the spine and relax the shoulders. Breathe deeply, twist your body as you exhale, and lengthen the spine as you inhale. This stretch eases tension in the lower back, opens the chest, and stretches the shoulders, hips, back, and neck., and it energizes the spine, reduces bloating, and enhances digestion.



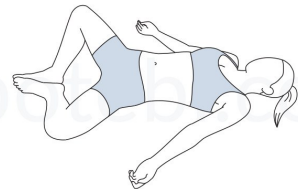
### KNEES TO CHEST STRETCH POSE

Lie down on your back and pull both knees up to your chest. Slowly pull the knees toward the shoulders until you feel the stretch in your lower back. Stay in knees to chest pose for 30 seconds to 1 minute. Remember, lift both legs, clasp your hands around the knees, and, as you exhale, tighten the grip. As you inhale, loosen the grip and relax. Breathe smoothly, keep your back flat on the mat and lengthen the spine. The knees to chest pose stretches and eases tension in the lower back and massages the abdominal organs. This pose reduces bloating, improves circulation, and rebalances your energy.



### RECLINING BOUND ANGLE STRETCH POSE

Sit on the floor, bend your legs and pull your knees toward your body. Let your thighs fall open, press the soles of your feet together and carefully pull your heels toward your pelvis. Exhale and lie down with your arms alongside your body and your palms facing up. Stay in reclining bound angle pose for 1 to 5 minutes. Remember, take deep and conscious breaths and feel the air going through your body. Imagine that your groins are settling deep into your pelvis and dropping toward the floor and let your knees stay soft and relaxed. It stretches the groins, inner thighs, and hips, and helps relieve the symptoms of stress, anxiety, and depression. It also stimulates the abdominal and reproductive organs, improves digestion and increases blood circulation.



**As long as you're not overdoing it,  
the more regularly you stretch, the better it is for your body.  
It's better to stretch for a short time every day or almost every day  
instead of stretching for a longer time a few times per week.  
Being flexible and having full joint mobility can have several beneficial implications on  
quality of life, including reducing day-to-day pain and increasing vascular health.**

## MIND-SET:

### How can I get motivated for 2026?

I wonder just how many people reading this are truly motivated for 2026. Yes, I imagine most of us want to improve, most of us want to be healthier, happier, stronger, and more contented with our lives, but how many of us are not actually doing a lot to reach that goal?

What is it that is not motivating us into action? Why is it that we maybe feel lethargic, or not focussed, or maybe not even believing we can be that better person? What is the answer?

#### Why are we not motivated?

First things first, what is it that is holding you back? Why are you not just making plans, but putting those plans into action? If you want to lose weight, why is that not happening (a question I am asking myself). If you want to meet new people, why are you not researching local groups or events? If you want to learn new skills, why are you not being proactive around that?

How do we help ourselves if we do not understand the problem in the first place?



Understanding demotivation involves identifying whether the cause is external (your environment), internal (your mindset), or physiological (your body's needs). The really good news is that experts emphasise that demotivation is often a temporary state and a signal that your current approach needs adjustment. You can change.

So start thinking about that? Is it self-belief? Are you convincing yourself that even if you make effort it probably won't change things? Maybe people around you are bringing you down? It could feel like you have mountains to climb to actually make things better. Root out that problem. Write it down. And then start telling yourself that things can only improve if you make things happen.

#### Think of things that bring you joy and do them

Although it is a new year, it is Winter. That can mean dark mornings, cold and wet weather, and all that can affect our mood and emotions. If we are feeling stressed or anxious about things, this can make even the smallest problem seem a lot larger.

But there will be opportunities in your life to put a smile on your face. Think about what brings you joy. It does not have to be anything big. Small actions can create a positive outlook.

It could be anything. Maybe popping out to see a film. Maybe going to a museum with a friend (that is free) or even just getting a coffee with a friend (you can pop round their flat and again save money). Perhaps treating yourself to a book or some music. Anything that allows you the chance to be happier is a step in the right direction.

Ultimately, like a lot of Mindset stuff, it boils down to you. What do you want to happen? Motivating for many of these things can only come from you. Let's look at a few more ways on the next page.



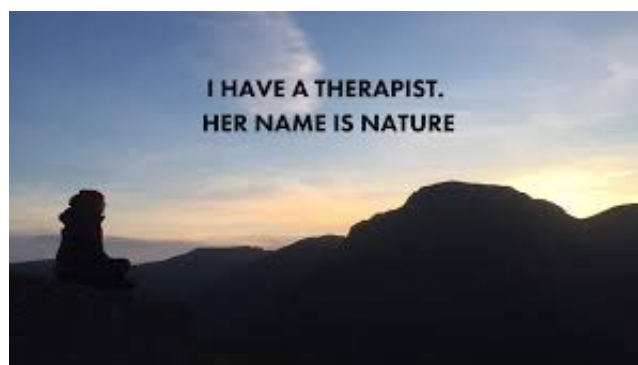
## MIND-SET:

### How can I get motivated for 2026?

#### Get Outdoors.

We talk about this a lot, and not just on the Mindset pages. We have covered this for both exercise and for health too. And for good reason.

Being outdoors boosts motivation by reducing stress, clearing mental fog, and triggering feel-good chemicals like serotonin and endorphins through sunlight and physical activity. Especially if you can maybe be with others. It is one of the reasons that we love our group walks and social events.



There is something called Attention Restoration Theory (ART). I saw it described like this . “Attention Restoration Theory suggests that spending time in nature helps restore mental energy depleted by "directed attention" (focused, effortful concentration), reducing attentional fatigue and improving cognitive functions like memory, creativity, and focus, through effortless engagement with natural environments via soft fascination.” What they are trying to say is that natural environments offer gentle, interesting stimuli (like clouds, leaves, water) that capture attention effortlessly, allowing the directed attention system to rest and recover.

If you feel calmer, and less stressed, you can then concentrate on your motivation.

#### What has helped before?

We all can go through periods when we feel demotivated, but the opposite is also true. We have also had times when we feel happy, feel powerful, feel like we can conquer the world. So why was that? What was different at that time? How can you possibly get that feeling back?

What were you doing around that time? It could be things you don't even realise were helping. Were you a lot more active? Maybe playing sports or running? Maybe you were being a lot more social at that time? Both of these, for example, are shown to reduce stress, as well as make us feel more positive.

I know I feel friends help me greatly. If there's a friend or someone who you always feel good around, connect with them. Call them up and just chat or ask them to meet up for coffee. If you're lacking these strong personal connections and could use a sense of community, find a group online that can help you feel motivated. Groups and forums focused on a hobby or activity you enjoy, like gardening, or a sport, or walking, can help you form social connections while also discussing something that makes you smile. That can give you the kick in the butt you need to get back into life.

***Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort.***

***HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.***

## NUTRITION: Lazza's Kitchen Adventure

### Fruit Pancakea

Lazza has been trying out new recipes for over four years  
His first time making: Fruit Pancakea from scratch

#### Ingredients

##### BASE/BATTER

9 heaped tablespoon Self Raising Flour  
200g Sour Cream  
2 Eggs: Vanilla Essence  
1/2 teaspoon each of Bicarb and Baking Soda  
6 Grated Granny Smith Apples: Raspberries

##### TOPPING

150g Sour Cream  
1 Egg  
Sugar - I added one large tablespoon  
Vanilla Essence: Cinnamon

The Granny Smith eating apple originated in, Eastwood, New South Wales, Australia (now a suburb of Sydney) in 1868. Its discoverer, Maria Ann Smith (nee Sherwood), had emigrated to the district from Beckley, East Sussex in 1839 with her husband Thomas. They purchased a small orchard in the area in 1855–1856 and began cultivating fruit, for which the area was a well known centre in colonial Australia. Smith had eight children and was a prominent figure in the district, earning the nickname "Granny" Smith in her advanced years.

This is a Latvian based dish that I have adapted slightly, and I have to thank our wonderful friend Karina for introducing it to me. I knew I had to repeat it.

#### **For the base:**

I whisked in the sour cream and sugar and vanilla with the two eggs.  
I then added in the Flour and Bicarb and Baking Soda, whisking into a runny batter.  
I grated the six granny smith apples (you can chop into small instead if you want).  
Into my trays I poured the mix - do not worry if it feels slim, it will puff up in the oven.  
I then laid over the grated apple and placed the raspberries too.  
This went into the oven at 180C for around 20/25 minutes.

#### **Meanwhile I then made the topping:**

Again I mixed the sour cream with the egg, sugar, and vanilla.  
After the 20-25 mins (fruit is soft and batter cooked through) take this out of the oven, pour the topping all over, sprinkle with cinnamon, and put back in the oven for around 10 minutes.  
You can eat hot or cold - cold means you can chop into slices. Wow!! This is sensational.



During the pandemic and lockdowns,  
Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great, and very tasty, bake to prepare.



## HMHB's fun quiz page:

### It's mostly guessing, but play with friends: **Answers Page 47**

Since summer 2021, HMHB has been hosting an online quiz on Thursday evenings. We started it as a way of bringing people together, having a laugh, and not taking things seriously. It is important that anyone can win, so we make it funny, but no knowledge is required.

**All Answers are at the base of Page 47 - don't look till you have done the whole page!!**

#### ROUND ONE: Multiple Choice

**Only TWO of the choices are correct: which two are they?**

Orcs in The Lord of the Rings	English Towns that used to exist	Rejected Titles for film "Toy Story"
Quahog	Hallsands	To Infinity and Beyond
Esrog	Tyneham	Reach for the Sky
Azog	Much Benham	Woody and Buzz.
Gothmog	Puddlewick	A Toy's Life

#### ROUND TWO: Give Me a Number

**Every answer to the question is a number. Can you get close?**

1. How many films will the average Brit watch in their lifetime?
2. How many sets of twins were born in England and Wales in 2022?
3. How many female MPs were elected in 2024 to the House of Commons?
4. In Miles, the total length of walls and trenches of the Great Wall of China.
5. Approximately, how many people visited the Tower of London in 2024?

#### ROUND THREE: When Did That Happen

**You have to guess the year all the events below occurred:**

1. Burger King opened its first restaurant in Miami, Florida.
2. Table Tennis becomes an official Olympic sport.
3. The first ever International Women's Day was held.
4. The year that Big Ben chimed for the first ever time.
5. The first official concert at the Sydney Opera House.



#### ROUND FOUR: What specifically links these words?

Aeroplane: Loganberry: Radiator: Monorail: Metronome: Chauffeur: Futurism

#### ROUND FIVE: From the choices available, which of the answers is correct?

1. Shortest London Underground: Bakerloo: Hammersmith & City: Jubilee:
2. Tallest English Cathedral: Liverpool: Salisbury: St. Paul's:
3. Largest of Great Lakes: Michigan: Ontario: Superior:
4. Most Popular World Fruit: Apples: Bananas: Oranges:

#### ROUND SIX: What is the answer to these questions?

1. English County for the Crucible Theatre
2. English County for Tintagel Castle (famous for King Arthur)
3. English County for Hever Castle (childhood home Anne Boleyn)
4. English County for Cheddar Gorge
5. English County for Sandringham Estate (Royal Family Retreat)



## NUTRITION:

### Protein - How is it Digested?

**There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.**

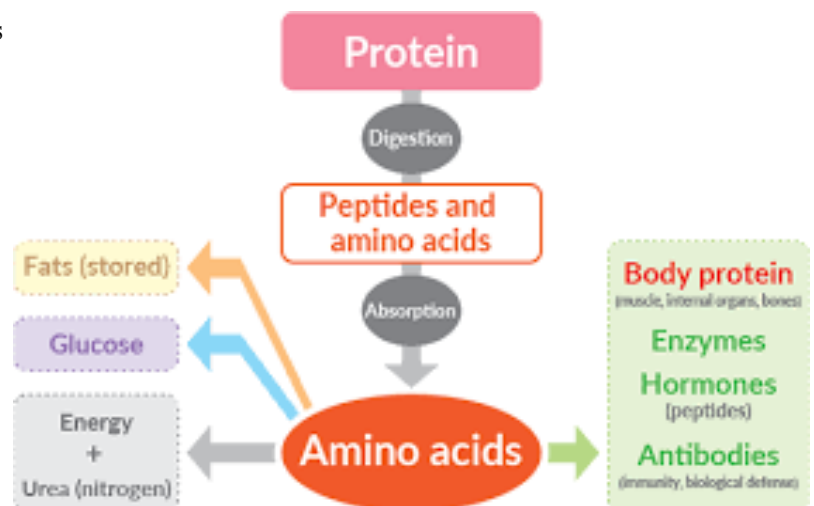
**HMHB are not qualified nutritionists or dieticians. We just pass on information for a healthy lifestyle. If you have any concerns around your diet, do speak to a recognised medical professional who will be delighted to assist.**

We have talked about Protein many times in these packs, and that is because it is a Macronutrient, and vital for you to have a healthy life.

Protein is one of the most important substances in your body. Your muscles, hair, eyes, organs, and many hormones and enzymes are primarily made out of protein.

It also helps to repair and maintain your body tissues. However, not all protein is created equal, and there are things you can do to help your body use it more efficiently.

Protein is a very large nutrient that's made up of smaller substances called amino acids. There are 20 amino acids, but your body can only make 11 of them. The other nine are called “Essential Amino Acids, and you can only get them through your diet. High-quality protein sources, such as meat, fish, eggs, and dairy products, contain all nine of the essential amino acids. These are also called whole proteins or complete protein. Other protein sources, such as nuts, beans, and seeds, only contain some essential amino acids. However, you can combine some of these protein sources, such as rice and beans, to create a complete protein that contains all nine essential amino acids.



Protein digestion begins when you first start chewing. There are two enzymes in your saliva called “Amylase” and “Lipase”. They mostly break down carbohydrates and fats.

Once a protein source reaches your stomach, hydrochloric acid and enzymes called “Proteases” break it down into smaller chains of amino acids. Amino acids are joined together by peptides, which are broken by proteases. From your stomach, these smaller chains of amino acids move into your small intestine. As this happens, your Pancreas releases enzymes and a bicarbonate buffer that reduces the acidity of digested food. This reduction allows more enzymes to work on further breaking down amino acid chains into individual amino acids.

Protein absorption also happens in your small intestine, which contains “Microvilli”. These are small, finger-like structures that increase the absorptive surface area of your small intestine. This allows for maximum absorption of amino acids and other nutrients. Once they’ve been absorbed, amino acids are released into your bloodstream, which takes them to cells in other parts of your body so they can start repairing tissue and building muscles.



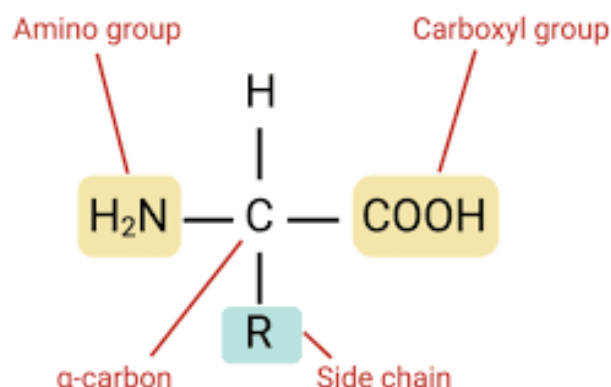
## NUTRITION:

### Let's Talk About Amino Acids.

Amino acids are the building blocks of protein. These molecules come together to form proteins. Your body uses them for many important functions, such as making hormones, building muscle, and repairing tissue.

Your body needs twenty amino acids to work properly and makes many of these amino acids on its own. But your body can't make nine of them. You have to get these amino acids through certain foods or supplements. They're called "Essential amino acids" and these are:

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine



Your body makes the other 11 amino acids. These amino acids are called "Non-Essential":

- Alanine
- Arginine (C)
- Asparagine
- Aspartic acid
- Cysteine (C)
- Glutamic acid
- Glutamine (C)
- Glycine (C)
- Proline (C)
- Serine (C)
- Tyrosine (C)

But in times of illness, stress, or pregnancy, your body may not make enough of some of these amino acids. These are called "Conditional amino acids". During these periods, you'll need to get them from food or supplements. I marked those with a "C".

Protein is just a body tissue made up of amino acids. When amino acids connect to make a chain, they form proteins. If you think of it as a necklace, amino acids are the beads, while proteins are the completed necklace. Like the colours in a necklace pattern, amino acids line up in a certain order. These sequences form a specific protein. There are thousands of different proteins with different jobs, such as creating energy or building muscle

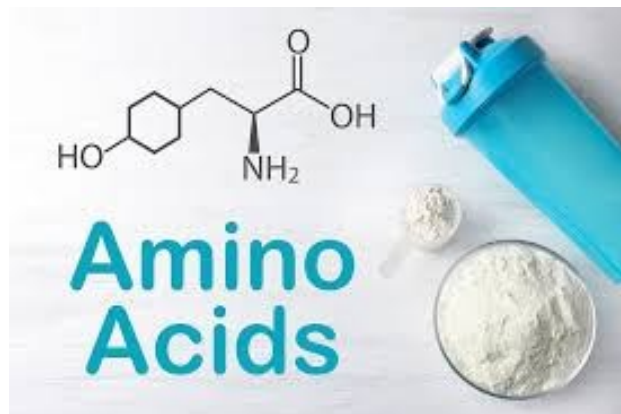
Amino acid molecules are made of four main elements. You may remember them from science class: carbon, hydrogen, oxygen, and nitrogen. These elements form the same amino acid structure. In the centre is a carbon atom. It's attached to a hydrogen atom, a basic amino group (a group of elements), a carboxylic acid group (another grouping of elements), and an R group. The R group is what makes amino acids different. It's also called a side chain. The R group gives each amino acid its unique properties. It's what separates each of the 20 amino acids. When amino acids connect together, they fold together in 3D shapes. This creates a protein.

## NUTRITION:

### Why are Amino Acids (Protein) important?

Your body uses amino acids for many functions: Here are a few:

- **Build muscle:** Muscles are made mainly from protein, which amino acids help build.
- **Grow and repair tissue:** Many amino acids, such as leucine and methionine, are used to grow and repair tissues. They're important for healing wounds and injuries.
- **Make hormones:** Amino acids help make many hormones. For example, phenylalanine is needed to produce the hormones "epinephrine" and "norepinephrine. Other amino acids play a role in making thyroid and growth hormones.
- **Boost the immune system:** Amino acids are an important nutrient for immune cells. They're needed for these cells to work properly.
- **Make brain chemicals:** Certain amino acids, such as tryptophan and phenylalanine, are used to make important chemicals in the brain, called neurotransmitters. These include "Dopamine" and "Serotonin", which can affect your mood, sleep, and appetite.
- **Provide energy:** Although your body prefers to burn carbohydrates or fat for energy, it can use protein as needed. After breaking down protein, the amino acids supply energy.
- **Support the digestive system:** Amino acids help keep your digestive system running. They fuel the membrane that lines the small intestine and help your gut make key proteins and chemicals.



Many foods are rich in amino acids, and it's generally easy to get your daily requirements. Foods from animal protein sources are considered "complete" proteins because they contain all the amino acids. Plant foods also contain protein, but most of them are "incomplete" proteins. This means they may be missing one or more of the essential amino acids. But you can still get all the amino acids you need by eating a variety of plant foods.

These foods are some of the best sources of amino acids:

- **Eggs:** An excellent source of protein, eggs contain all of the essential amino acids. Studies suggest that the amino acids provided by eggs are better utilised by your body than other sources such as casein or soy.
- **Poultry:** It has high amounts of tryptophan, an amino acid the body uses to make the B vitamin called "Niacin" which is necessary for digestion, healthy skin, and nerves. Tryptophan also helps produce Serotonin, which affects your mood and can contribute to feelings of happiness and relaxation. Because they're all high in protein, other meats are good sources of amino acids as well.
- **Cottage cheese:** One 100-gram serving of cottage cheese provides about 25% of your daily requirements for protein and contains significant quantities of several amino acids, including threonine and tryptophan.
- **Mushrooms:** Mushrooms contain a total of 17 amino acids, including all of the essential ones. One study showed that supplementing a cereal diet with mushroom would help overcome lysine deficiency.
- **Seafood:** Most types of fish contain essential amino acids and other important micronutrients. Salmon is high in amino acids and Omega 3s (important fatty acids that support heart and other health).

There are amino acid supplements. They do have risks. Always talk to a medical professional first.



## Nutrition: HMHB looks at “Superfoods”

### Today: Seaweed

On this page, we will take a brief look at Superfoods.  
What makes them so “super”?

**The term “superfood” is a fairly new term referring to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. It should be noted that no standard criteria or legal definitions classify any food as a superfood at this time. However, most so-called superfoods are plant-based.**

Well, this is a turn up for the books. I imagine very few people would have considered seaweed a “superfood”, but hear me out. I researched online, and found quite a bit of information.

Seaweed grows along rocky shorelines around the world, but it's most commonly eaten in Asian countries such as Japan, Korea, and China. It's extremely versatile and can be used in many dishes, including sushi rolls, soups and stews, salads, supplements, and smoothies. What's more, seaweed is highly nutritious, so a little goes a long way.



Your thyroid gland releases hormones to help control growth, energy production, reproduction and the repair of damaged cells in your body. Your thyroid relies on iodine to make hormones. Without enough iodine, you may start to experience symptoms like weight changes, fatigue, or swelling of the neck over time. Seaweed has the unique ability to absorb concentrated amounts of iodine from the ocean. Seaweed also contains an amino acid called tyrosine, which is used alongside iodine to make two key hormones that help the thyroid gland do its job properly.

Antioxidants can make unstable substances in your body called free radicals less reactive. This makes them less likely to damage your cells. Furthermore, excess free radical production is considered to be an underlying cause of several diseases, such as heart disease and diabetes. In addition to containing the antioxidant vitamins A, C, and E, seaweed boasts a wide variety of beneficial plant compounds, including flavonoids and carotenoids. These have been shown to protect your body's cells from free radical damage.

Seaweed contains a lot of fibre, which is believed to provide little to no calorie. The fibre in seaweed may slow stomach emptying, too. This helps you feel fuller for longer and can delay hunger pang. Seaweed is also considered to have anti-obesity effects. In particular, animal studies suggest that a substance in seaweed called fucoxanthin may help reduce body fat.

**No single food can do it all, but it goes without saying that some foods are healthier than others. A leafy salad is healthier than a plate of chips; a salmon filet is healthier than a towering cheeseburger; a yogurt is healthier than a hot fudge sundae. Although Superfoods aren't a recognized category of foods, the title is typically reserved for natural foods that are especially nutrient-dense while generally being low in calories.**

## LAZZA'S PAGE

### Recommendations, News, Life!!!

I thought I would launch a new page in 2023. I just wanted to talk a little more about who I am and the people behind HMHB, and maybe talk about what gets me through life.

Learn to relax a bit more in 2026.

Life can be full of stress and anxiety. If things are not working out exactly the way you wanted, well sit back and tell yourself that things will be okay. Find a way to switch off. We are all different. It could be books, films, music, getting outdoors, maybe a bit of pampering, or just meeting up with friends more.

There is enough division in this world without including it in your life. I am intending on chilling more.



# Lazza's Kitchen

For a while I have been meaning to produce my own recipe book, so I am going to do that this year. I have talked about targets in this pack, and we all need to overcome challenges. Well, I want to do this.

I think I have a good angle. Not having cooked really before the pandemic, I have now produced over 200 recipes - all cooked for the first time - for these health packs, and would like to produce a volume of the first 100, and a second volume of the next 100.

No, I am not saying everyone should read Asterix books, but I am going to say always stand up for things you like, even if others might make fun. I have loved Tintin and Asterix books since I was young, and was excited recently to read the new Asterix book published at the end of 2025. Never be embarrassed at liking things that others may not, or feel like they should judge you. Find the things you enjoy and you keep doing them - as well as finding new experiences too.



### HMHB Need Help With Funding To Keep Going.

**Looking for Sponsorship, Grants, - check out our JustGiving page - details below.**

In 2024: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 100 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 65 weekly exercise sessions: HMHB grew their Pack email list to over 500 addresses.

HMHB organised, delivered, or took part in over 70 social outings/events (many of which were FREE)

HMHB delivered over 40 online zoom quizzes – unique delivery and fun.

HMHB made many home visits to our older more isolated users.

**Please help us: [www.justgiving.com/crowdfunding/hmhb](http://www.justgiving.com/crowdfunding/hmhb)**

# DO YOU KNOW YOUR BODY?

## Your Small Intestine

**A Page briefly looking at the miracle of our bodies and their different parts.**

I have to thank the Cleveland Clinic for some fascinating information.

Your Small Intestine (small bowel) is an important part of your Digestive System. It connects your Stomach to your Large Intestine. You rely on your small intestine to extract nutrients from the food you eat. Your small intestine:

- Breaks food down.
- Absorbs nutrients and water.
- Moves food along your gastrointestinal tract.

You may not have a reason to think about your small intestine as it churns through the continuous job of digesting what you eat and drink. But understanding how your small intestine works can help you keep it in good shape and running smoothly.

Your small intestine turns semi-solid food into liquid so your body can absorb the nutrients you need. To do that, your small intestine:

- Delivers digestive juices and enzymes that combine with bile to allow the digestive process.
- Breaks down and liquefies semi-solid food so your body can absorb and use the nutrients.
- Absorbs nutrients and water through the villi in “Mucosa” - the inner lining of your small intestine.
- Turns what’s left behind into digestive waste that moves to your large intestine and eventually leaves your body in the form of poop (stool).

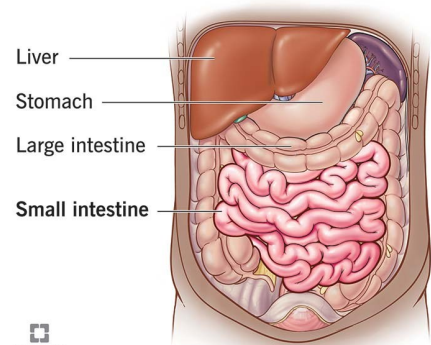
Despite its name, your small intestine is the longest section of the gastrointestinal tract, measuring about 22 feet long. Its inner lining is also impressively large, thanks to microvilli. These are the tiny, finger-like projections lining the wall of your small intestine. They increase the surface area that absorbs nutrients. (Think of shaking out a very large tarp with many folds and scrunched-up sections — in this case, the open tarp would cover a tennis court.) The one small part of your small intestine is its width: it measures about 2 centimetres in diameter, or about as big around as your index (pointer) finger.

**The duodenum:** This is the first part of your small intestine. It’s a short (10-inch-long) chute that receives food from your stomach. Your duodenum is the place where your small intestine makes the digestive juices and enzymes to break down food. Your gallbladder delivers bile, and your pancreas delivers digestive enzymes to your duodenum to help it break down food.

**The jejunum:** This section of your small intestine is 8 feet long. It lays in many coils inside the lower abdominal cavity. The jejunum is dark red because it has many blood vessels. It has muscles that churn food back and forth and mix it with digestive juices. “Peristalsis, which is an involuntary muscle movement in your digestive system, keeps food moving toward your ileum.

**The ileum:** This is the last and longest section of your small intestine. It absorbs nutrients from digested food for your body to use, like vitamins, minerals, carbohydrates, fats and protein. Your ileum moves food waste toward your large intestine. The ileum is where food spends the most time in the small intestine before moving to the large intestine.

Small intestine



Cleveland  
Clinic  
©2021





## HMHB's Name Game Page:

Can you name these UK Game Show Hosts from their photos?  
Some are easier than others. I've tried to be a little obscure.  
Answers at bottom of quiz page answers (page 49)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure

### Bacon & Cheese Pastries

**Lazza has been trying out new recipes for over four years  
His first time making: Bacon & Cheese Pastries from scratch**

Two Rolls Puff Pastry (can make yourself)  
12 Bacon Rashers (I used Back Bacon)  
3 Tablespoons of Cream Cheese  
Teaspoon of English Mustard  
Tablespoon of Worcestershire Sauce  
Black Pepper  
Mature Cheese (Grated)  
1 x Egg  
Can use herbs if you wish (I did not)

**Back bacon is a cut of Bacon that includes the Prok Loin from the back of the pig. It may also include a portion of the Pork Belly in the same cut. It is much leaner than Side Bacon also called "streaky bacon", which is made from only the pork belly. Back bacon is derived from the same cut used for Pork Chops. It is the most common cut of Bacon in British cuisine, and you get both smoked and unsmoked varieties.**

I had never made anything like these before, but it was straight forward.  
I bought the sheets of Puff Pastry - as you can see from the picture.  
Each sheet I rolled out and cut into six squares each.  
In a bowl I put in the cream cheese, mustard, Worcestershire sauce, and black pepper.  
I mixed this up thoroughly. Can add oregano or other herb if you wish).  
Into the middle of each square I put a dollop of mixture and spread it from one corner to the opposite corner (keeping other opposite corners free).  
I then laid over a rasher of the bacon (you might have to cut off the little end).  
I then sprinkled over a generous amount of grated cheese.  
Mixing the egg up, I brushed some on the exposed corners and folded over on top to create the shape.  
I then brushed more egg mix on top of that.  
I put them into the heated oven at 180C (on baking sheet on a tray) for approximately 25-30 minutes (until the pastry is cooked and the cheese melted).  
You can have warm from the oven, heated up, or cold. Utterly delicious.



**During the pandemic and lockdowns,  
Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great, and very tasty, bake to prepare.**



## PLACES TO VISIT IN LONDON

HMHB recommends places we have been.

### British Library, Euston Road, NW1

We have been very fortunate to get a couple of free tours of this incredible building, and have to thank Dan especially for looking after us.

But, there is plenty to see.

Explore some of the world's most exciting, beautiful and significant books, maps and manuscripts in their permanent free exhibition. Discover works by Andrea Levy, Monty Python and Shakespeare, and see the Lindisfarne Gospels and Magna Carta. I was blown away the first time I saw it, and always seem to catch something new.

There is plenty more though. They have paid exhibitions too, as well as business courses and events - for example if you want to get a book published they have a course you can attend. They also do plenty with local schools and colleges and what a place to bring the children/ Check out their website for a comprehensive look at what is available to you.

[www.bl.uk](http://www.bl.uk)



### Park Theatre, Finsbury Park, N4

It is one of our local theatres, and what a cracking place it is. With two stages, Park 200 and Park 90, you will find clever productions. In fact I am typing this the day after seeing Dracapella, a comedy musical (without music) that was fantastic.

Park Theatre was brought to life by Artistic Director Jez Bond and Creative Director Emeritus, Melli Marie, who – following a six year London-wide search for a building – discovered a vacant office block next to Finsbury Park station in 2010. After lots of building work it finally opened in 2013.

Do check out their website to see about upcoming shows, and there is always a great variety of genres, with comedy, drama, musicals, horror, and more.

We have taken the group there before, and are trying to see if we can come to some kind of relationship, which would be fun.

[www.parktheatre.co.uk](http://www.parktheatre.co.uk)



## EXERCISE/FITNESS

### How do I recover after a workout?

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise.

It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods run health walks in Islington, Hackney, and Haringey, and have been since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

I am actually asked this a lot. And it is a good time to go back over this. Hopefully, with the new year, we are all trying to be a bit fitter and healthier, and maybe do a little more exercise. So, what do we have to do to make sure we are recovering properly?

The time it takes for your muscles to recover from exercise depends on your fitness levels and the difficulty of your workout. The volume, intensity, and duration of your workout all play a role in determining how taxing it is on your body.

After a relatively light workout, your muscles may be able to recover in 24 hours, whereas a more challenging workout might take two to three days. Very intense workouts might take even longer. Other factors that can affect your recovery time include:

- how well you sleep
- how much nutrition you're getting
- how much stress you're dealing with
- doing exercises that involve many different muscle groups or a near max effort.



You increase the risk of injury if you don't let your muscles recover between physical exertions. Inadequate recovery from physical exertion can also decrease performance in subsequent workout. Repeated stress from exercise causes small tears called micro tears that make muscles feel sore and inflamed. An accumulation of tears puts you at risk of developing torn muscles, also called muscle strains or pulled muscle.

When you exercise, the proteins that make up your muscle fibres become damaged. Consuming protein after your workout can help give your body the raw material it needs to repair this muscle damage. It is true, consuming a high-protein meal or supplement pre- or post-workout may support muscle recovery and be a convenient way to achieve overall daily protein goal. However, studies show that while pre- and post-workout protein supplementation will support muscle development and recovery, overall dietary protein intake is more important than specific timings.

Your muscles store carbohydrates in the form of glycogen for energy. Glycogen is an important fuel source for all forms of aerobic exercise and the primary body's primary energy source during high intensity anaerobic exercise. Consuming carbohydrates post-workout with protein may help replenish glycogen stores and improve muscle repair and performance. The amount of carbohydrates a person requires will depend on body composition and exercise intensity.

## EXERCISE/FITNESS:

### How do I recover after a workout?

Good hydration is vital for exercise performance and in recovery.

Dehydration can impair your muscles' ability to repair themselves. You're especially prone to becoming dehydrated if you exercise in hot or humid weather. To avoid dehydration, experts recommend that people drink 1.5 litres for every kilogram lost during exercise. This equates to roughly 3 cups of fluid for every pound lost.

Drinking water after exercise is crucial for replenishing fluids lost through sweat, supporting muscle repair, restoring energy, regulating body temperature, and flushing out toxins, which all combine to speed up recovery and improve future performance by helping nutrients reach cells and maintaining electrolyte balance. Dehydration post-workout can lead to poor performance, cramps, fatigue, and slower recovery, so rehydrating helps your body function optimally and adapt for the next session.



After a workout, electrolytes (like sodium, potassium, magnesium) in water can be crucial for restoring fluid balance, muscle function, and recovery, especially after intense or long sessions where you sweat a lot. While plain water hydrates, electrolytes help replace minerals lost in sweat, preventing cramps, fatigue, and aiding nerve/muscle signals, making sports drinks or electrolyte tablets a good choice over just water. Just avoid ones with lots of sugar.

Try and ensure you get a good night's sleep too. Sleeping after a good workout is crucial because your body repairs and rebuilds muscle tissue, releases growth hormones, replenishes energy, boosts the immune system, and regulates hormones, making you stronger and fitter; it's when the actual gains happen, not during the exercise itself. Exercise causes microscopic damage to muscles, and sleep provides the vital rest needed for repair, recovery, and adaptation, reducing soreness and preventing injury.

The "Sleep Foundation" says: "When you sleep, your body cycles through "Non-REM Sleep "and "REM Sleep" repairing tissues, boosting your immune system with "Cytokines", consolidating memories, clearing toxins from your brain, and regulating hormones, while your heart rate, blood pressure, and breathing slow down for rest, making it a vital period for physical and mental restoration."

Stay away from alcohol. Consuming alcohol is detrimental to many aspects of your health. It can increase blood pressure, lower sleep quality, and duration, and has no nutritional value. Consistently consuming alcohol may also slow muscular recovery and increase the risk of muscle loss in the long term.

Be aware, it is typically safe to work out with sore muscles as long as there is no pain. It is important to know the difference between soreness and pain from injury. Overworking muscles that are already damaged can lead to severe damage.

**Life has no remote control.  
Get up and change it yourself.**

## EXERCISE/FITNESS:

HMHB Weekly Walks: Monday, Wednesday, Thursday.

conceived & delivered by: 



# Finsbury Park Health Walks

Friendly, leisurely pace  
for adults of all ages  
(60 - 90 min) 😊

We leave from outside  
**LiDL** Finsbury Park  
269 SEVEN SISTER RD  
Every Monday 9.30am.

supported by:   & local Medical Practices

  
hmb2016.org.uk  
tel: 0796 4430 456





# Highbury Fields Health Walks

(60 - 90 min)  
Friendly, leisurely pace  
for adults of all ages

We meet Wednesday  
mornings 9.30am outside  
**Highbury Leisure Centre**

RmR62016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:  
   **BETTER**  
www.better.org.uk





# Clissold Park Health Walks

(60 - 90 min)  
Friendly, leisurely pace  
for adults of all ages

We meet Highbury  
Grange Medical Practice  
every Thursday 11am

RmR62016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:  
   

Healthy Minds, Healthy Bods currently has three weekly walks as detailed in our flyers.

With help from the Walking/Cycling Fund run by the London Mayor we have managed to organise three weekly walks in three boroughs: Islington, Haringey, and Hackney.

Healthy Minds, Healthy Bods is also part of the World Wide Group - Walk With A Doc. With hundreds of walks over different continents, its about raising awareness around how walking is great for your health, and actively offering opportunities to people to get out with a group, for an official health walk.

We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier. By the way, the green figures are the same shape as the parks!!! Our marketing guy is very clever.

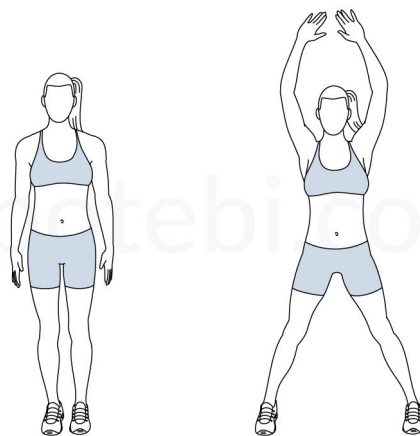


## EXERCISE/FITNESS:

Let's Try A Workout: *thx to Spotebi.com*

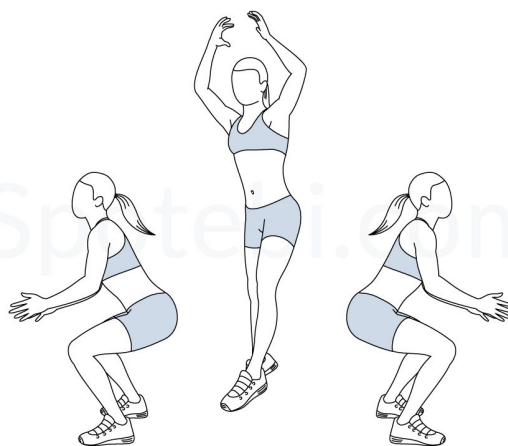
### JUMPING JACKS

Stand straight with your feet together and hands by your sides. Jump up, spread your feet and bring both hands together above your head. Jump again and return to the starting position. Repeat until the set is complete. Remember, keep the knees slightly bent and land softly on the balls of your feet. Engage your core and glutes and maintain your knees in line with your hips and feet. Keep your arms extended and your elbows loose during the entire exercise and maintain a steady and smooth breathing pattern. Jumping jacks are a great full body exercise that enhances aerobic fitness, strengthens the body, and promotes relaxation. This exercise also improves muscle endurance, increases the body's metabolic rate, and helps with weight loss



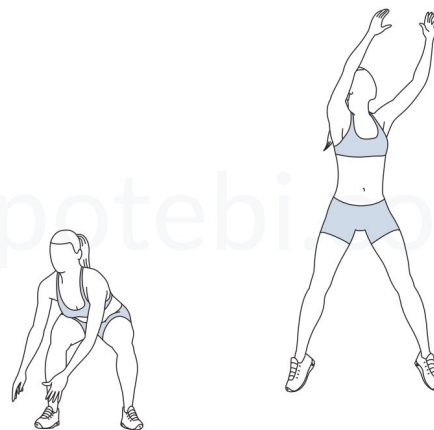
### 180 JUMP SQUAT

Stand with your feet a little wider than shoulder-width apart, your toes pointing slightly outward, and sit back. Push through the heels to jump up, spinning to the left 180 degrees. 3. Land on your toes with your knees slightly bent and squat. Quickly jump up, spinning to the right, and go back into the squat position. Repeat until the set is complete. Remember, keep your breathing pattern smooth and steady, and maintain your back aligned by keeping your chest up and your hips back. The 180 jump squat is a plyometric move that fully engages your lower body and your core and helps build strength, speed, and increases aerobic fitness. This exercise helps to tone your legs and glutes, improves core strength, and boosts weight loss.



### BASKETBALL SHOTS

Stand with your feet shoulder-width apart and the toes pointing slightly outward. Bend your knees, press your hips back, and take both hands close to your right foot. Jump up and extend your arms above your head and to the left. Land with your knees slightly bent and go back into the squat position. Repeat and then switch sides. Remember, don't let the knees extend beyond the toes and breathe out as you push through the heels to jump up. The basketball shots is a high-impact, full body exercise that improves your aerobic fitness, builds strength, and increases your speed and coordination. This move targets your core, legs, glutes, and shoulders, boosts your metabolism, and improves your stamina and endurance.



**“Fitness is not about being better than someone else.  
It's about being better than you used to be.”**

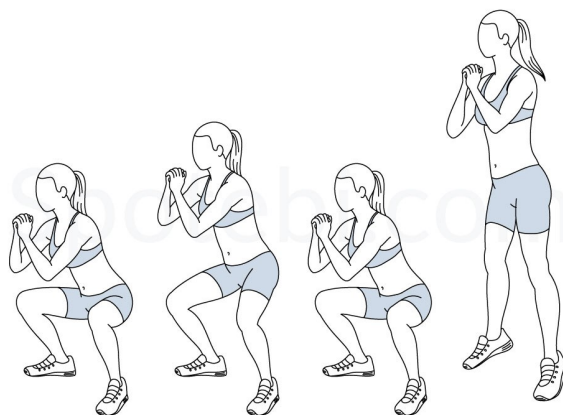
## EXERCISE/FITNESS:

Let's Try A Workout: *thx to Spotebi.com*

### DOUBLE PULSE SQUAT JUMP

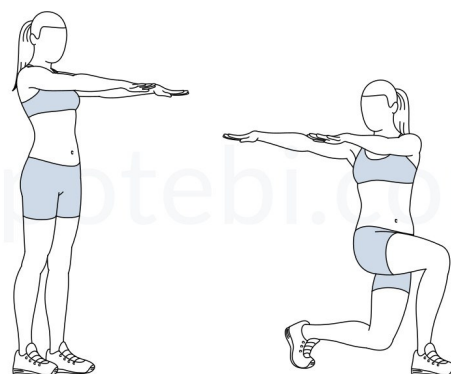
Stand with your feet shoulder-width apart and the toes pointing slightly outward. Bend your knees, pressing your hips back, and squat until the thighs are parallel with the floor. Lift your hips a few inches up and squat again. Push through the heels to jump straight up. Land with your knees slightly bent and go back into the squat position. Repeat until the set is complete.

Remember, keep your chest up, your hips back, and don't let the knees extend beyond the toes. The double pulse jump squat is a high-impact, cardio exercise that can help build muscle strength, increase speed and explosiveness, and boost aerobic fitness. This exercise activates your lower body and helps tone your legs, thighs, and glute.



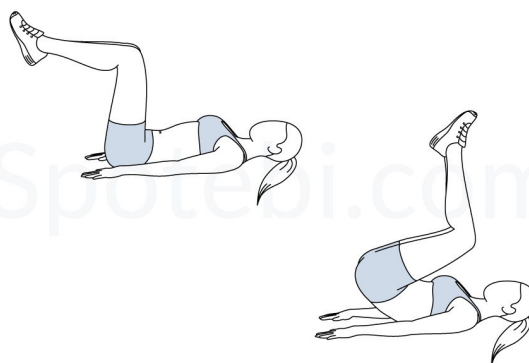
### LUNGE TWIST

Stand straight with your feet hip-width apart and your arms lifted at the front. Take a step forward with your right leg, bend both knees and rotate your torso to the right. Return to the starting position and repeat the movement on the left side. Alternate sides until set is complete. Remember, As you lunge keep the weight in the front heel, squeeze your glutes and keep your core tight. Make sure that both legs form a 90-degree angle and that your hips are in alignment. The lunge is a great lower body exercise, it strengthens the glutes and legs and it improves the flexibility of the hips. Adding the twist to this movement forces you to engage your core and work on your abs and obliques at the same time.



### REVERSE CRUNCHES

Lie on your back with your hands by your sides. Lift your knees until your thighs and calves form a 90-degree angle and your calves are parallel to the floor. Lift your hips and bring your knees, as far as you can, toward the chest. Hold and then slowly return to the starting position. Repeat. Breathe out as you lift the hips off the mat and breathe in as you slowly return to the starting position. Adding reverse crunches to your workout routine helps to increase ab strength and definition, and improves core and lower back stability. This exercise engages the lower layers of your abdominal muscles, the transverse abdominis, also known as the corset muscle, giving you a flat belly and great back support.



**“Fitness is not about being better than someone else.  
It's about being better than you used to be.”**

## EXERCISE/FITNESS:

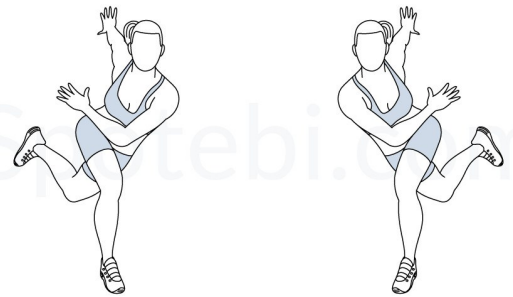
**Let's Try A Workout:** *thx to Spotebi.com*

### SKATERS

Stand up. Lean forward, jump to the right, bring your left foot behind you, and bring your left arm in front of you. Jump to the left, bring your right arm in front of you and your right foot behind you. Repeat this side-to-side movement until the set is complete. Balance is very important here. Try not to go too fast as this may make you topple over.

Remember, keep your back flat, your shoulders back, and engage your core muscles. Jump to the side as far as possible, and use the movement of your arms to gain momentum.

The skaters is an effective cardiovascular move that improves muscle endurance and strength. This exercise strengthens the glutes, hips, and legs, and enhances coordination and balance.

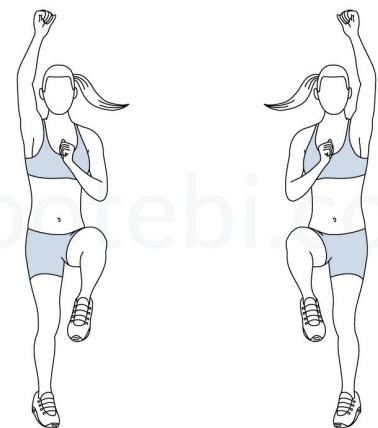


### STANDING MOUNTAIN CLIMBERS

Stand straight with your feet shoulder-width apart and your arms by your sides. Bring your right knee up to waist level and extend your left arm over your head. Return to the starting position and then repeat with the opposite side. Keep alternating sides until the set is complete.

Remember, keep your core engaged, face front, and maintain your back straight. Breathe smoothly and deeply and alternate sides as fast as you can without losing form.

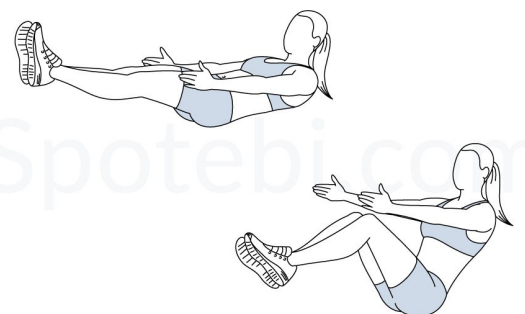
The standing mountain climber is a great full body exercise that enhances aerobic fitness, burns off fat, and strengthens the body. This exercise also helps to improve your flexibility, coordination, and balance.



### V SIT

Start on your back with your legs at a 45-degree angle and with your hands and shoulders off the floor. Lift your torso up and bend your knees. Straighten your legs and slowly lower your torso back to the floor. Repeat until the set is complete. Remember, the v sit is an intermediate-level exercise that requires core strength to be properly executed. You need to keep your back straight and your head and neck in a neutral position at all times. Breathe out as you lift your torso, using only your ab strength, and then slowly return to the starting position.

If done correctly, the v sit is a very effective abdominal exercise. It's important though not to rely on momentum and to fully engage your core for stability.



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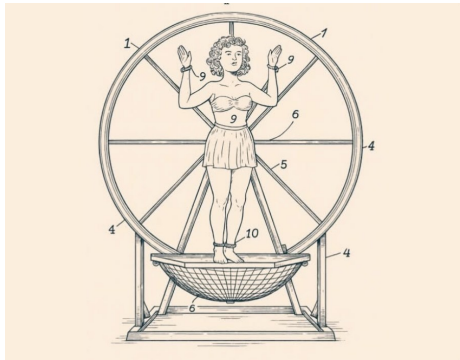


## Lazza's Page of Fascinating Facts

### Some knowledge to amaze your friends.

As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

Here are some fascinating facts for you to share.



Every now and then I come across a fact that I think just cannot be true, but discover it is real. This is truly extraordinary. In 1965, a US Patent was made to George and Charlotte Blonsky for an "Apparatus for Facilitating the Birth of a Child by Centrifugal Force." Often called the "Blonsky Device," the machine was designed to use rotational force to assist women in labour. Seriously, the woman would be spun round until the baby shot out into a net. I can confirm it was never ever used.

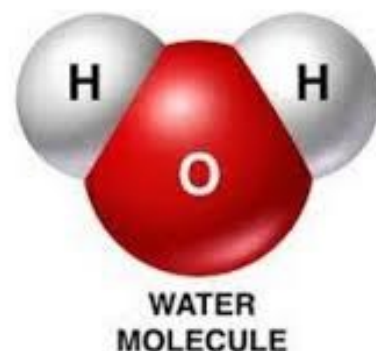


It is not a wood, no it is one tree. The largest cashew tree in Natal, Brazil, is the famous "Cajueiro de Pirangi", also known as the "World's Largest Cashew Tree" - (Major, Cajueiro do Mundo) - located in Pirangi do Norte, near Natal, covering an immense area of over 8,500 square meters (around 2 acres) due to its unique growth where branches form new roots, making it appear like a forest instead of a single tree. It is a major tourist attraction.



Hollywood's Walk of Fame is legendary, and this is the Star awarded to Muhammad Ali. Muhammad Ali's star on the Hollywood Walk of Fame is the only one placed on a wall rather than embedded in the sidewalk, and it was done out of respect for his faith. According to Good Morning America, when Ali was honoured in 2002, his star was placed on the wall of the Dolby Theatre instead of on the sidewalk, so no one would step on the name Muhammad. It is at 6801, Hollywood Boulevard.

This is actually an interesting fact that is made to make you think, and tell others. Did you know that there are more Hydrogen atoms in a molecule of water than there are Stars in the entire Solar System? But wait, I hear you say, water is H<sub>2</sub>O. That's two atoms of Hydrogen and one atom of Water. Yes, well in our Solar System there is only our one Sun, and 9 planets, if you include Pluto. So, technically, it is correct.



## HEALTH / ROUTINE

### Diabetes - Blood Sugar

**Diabetes is a chronic condition where blood sugar (glucose) levels are too high because the body either doesn't produce enough insulin or can't use insulin effectively, leading to glucose staying in the bloodstream instead of entering cells for energy, with main types being Type 1 (no insulin) and Type 2 (insulin resistance/insufficiency). It can damage blood vessels and nerves, increasing risks for heart attack, stroke, kidney failure, and blindness, but can be managed through diet, exercise, medication, and monitoring.**

#### Let's start with the basics. What is Blood Sugar?

Blood glucose, or blood sugar, is the main sugar found in your blood. It is your body's primary source of energy. It comes from the food you eat. Your body breaks down most of that food into glucose and releases it into your bloodstream. When your blood glucose goes up, it signals your pancreas to release insulin. Insulin is a hormone that helps the glucose get into your cells to be used for energy.

The most common way to check your blood glucose level is with a blood glucose meter. A blood glucose meter measures the amount of glucose in a small sample of blood, usually from your fingertip. You can even get meters you can have in your own home. However, your medical provider can also check your blood glucose with a blood test called an "A1C". It checks your average blood glucose level over the past three months.



Blood sugar is measured in "Milligrams per Decilitre", or mg/dL for short. A good blood glucose (sugar) level for most healthy adults without diabetes is below 100 mg/dL when fasting, under 140 mg/dL two hours after eating, and generally between 80-130 mg/dL before meals, though targets vary slightly by individual and test type.

If you have diabetes, your blood glucose target is the range you try to reach as much as possible. The typical targets are:

- Before a meal: 80 to 130 mg/dL
- Two hours after the start of a meal: Less than 180 mg/dL

Your blood glucose targets may be different, depending on your age, any additional health problems you have, and other factors. Talk with your health care team about the best target range for you

High blood glucose is called "Hyperglycaemia". Symptoms that your blood glucose levels may be too high include:

- Feeling thirsty
- Feeling tired or weak
- Headaches
- Urinating (peeing) often
- Blurred vision

If you often have high blood glucose levels or symptoms of high blood glucose, talk with your local medical health care team.

## HEALTH / ROUTINE

### Diabetes - Blood Sugar; Type 1 Diabetes

There is also “Hypoglycaemia”. This is also called low blood glucose and happens when your blood glucose level drops below what is healthy for you. For many people with diabetes, this means a blood glucose reading lower than 70 mg/dL. Your number might be different, so check with your health care team to find out what blood glucose level is low for you.

Symptoms of low blood glucose tend to come on quickly. The symptoms can be different for everyone, but they may include:

- Shaking
- Sweating
- Nervousness or anxiety
- Irritability or confusion
- Dizziness
- Hunger

Low blood glucose levels can be common in people with Type 1 Diabetes and people with Type 2 Diabetes who take certain diabetes medicines. If you think you may have low blood glucose, check your level, even if you don't have symptoms. Low blood glucose can be dangerous and should be treated as soon as possible.

Although it's rare, you can still get low blood glucose without having diabetes. The causes can include conditions such as Liver disease, Kidney disease, and Hormone deficiencies (lack of certain hormones). Some medicines, such as certain heart medicines and antibiotics can also cause it. See your provider to find out the cause of your low blood glucose and how to treat it.

#### Type 1 Diabetes

Type 1 diabetes is a condition where your body cannot make a hormone called insulin. Insulin helps your body use glucose (sugar) for energy. Without insulin the level of glucose in your blood becomes too high.

If you have type 1 diabetes, you'll need to take insulin every day to manage your blood glucose levels. Type 1 diabetes often starts in children and young adults, but it can happen at any age.

There's currently no cure for type 1 diabetes, but it can be managed by checking your blood glucose regularly, tracking what you eat and drink, and adjusting how much insulin you take. It's not possible to prevent type 1 diabetes. It's caused by a problem with your immune system (autoimmune condition).

The most common symptoms of type 1 diabetes are:

- peeing more than usual, especially at night
- feeling very thirsty and drinking more than usual
- feeling very tired
- losing weight without trying to or looking thinner.





## HEALTH / ROUTINE

### Diabetes - Type 2 Diabetes

Other Type 1 Diabetes symptoms can include:

- blurred vision
- breath that smells sweet or fruity (like nail polish remover or pear drop sweets)
- cuts and wounds taking longer to heal
- getting frequent infections or infections that do not get better, such as thrush or nappy rash

The symptoms develop quickly, over a few days or weeks. If it's not treated, it can lead to a serious condition called "Diabetic Ketoacidosis".

Diabetic ketoacidosis (DKA) is a serious condition that can happen in people with diabetes. It's where a lack of insulin causes harmful substances called ketones to build up in the blood. It can be life threatening and needs urgent treatment in hospital.

Type 1 diabetes usually starts in children and young adults, but it can happen at any age. You're more likely to get it if you have other problems with your immune system (autoimmune conditions), or if others in your family have type 1 diabetes or other autoimmune conditions.

#### **Type 2 Diabetes**

As we discussed, Type 1 is a fault with your immune system. Type 2 though, which is more common, can be down to our lifestyle. Type 2 diabetes develops from insulin resistance, where your body's cells don't use insulin well, causing blood sugar to rise, often triggered by a mix of genetic predisposition, lifestyle factors like obesity, inactivity, poor diet, and increased age, though it's complex and can affect various ethnicities and individuals with other conditions.

The most common symptoms of type 2 diabetes are:

- feeling very tired
- peeing more than usual
- feeling thirsty all the time
- losing weight without trying to

Other symptoms can include:

- blurred vision
- cuts or wounds taking longer to heal
- itching around your penis or vagina, or you keep getting thrush

These symptoms are the same for both adults and children. If you get symptoms (not everyone gets them), they may develop gradually. They can be similar to Type 1 Diabetes, but type 1 diabetes usually develops more quickly and is more common in younger people. The good news is it can be reversed for those overweight. This reversal, often called remission, involves reducing fat in the liver and pancreas, allowing insulin production to restart, and is more likely if addressed soon after diagnosis, with studies showing success through low-calorie diets and sustained weight loss (around 15kg).



## HEALTH / ROUTINE

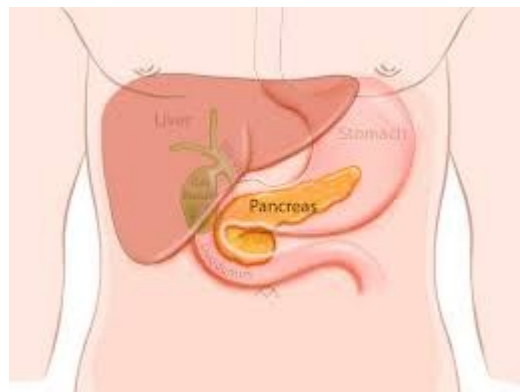
### Diabetes - Insulin: Prevention

#### What is Insulin?

Insulin is a naturally occurring hormone your pancreas makes that's essential for allowing your body to use sugar (glucose) for energy.

Hormones are chemicals that coordinate different functions in your body by carrying messages through your blood to your organs, skin, muscles, and other tissues. These signals tell your body what to do and when to do it. Hormones are essential for life and your health. Scientists have identified over 50 hormones in the human body so far.

Your pancreas is a vital gland located behind the stomach, acting as a crucial part of your digestive and endocrine systems by producing digestive enzymes to break down food (fats, proteins, carbs) and hormones like insulin and glucagon to control blood sugar. It's about 6 inches long, shaped like a flattened pear, and has a head, body, and tail, working with ducts to deliver juices to the small intestine and hormones directly into the bloodstream.



Insulin moves glucose from your blood into cells all over your body. Glucose comes from both the food and drinks you consume and your body's natural release of stored glucose (glycogen). Glucose is your body's main, and preferred, source of energy.

All of your body's cells need energy. Think of insulin as the key that opens the doors of the cells in your body. Once insulin opens your cell doors, glucose can leave your bloodstream and move into your cells where you use it for energy. Without enough insulin, glucose can't get into your cells and instead builds up in your blood. This is what leads to high blood sugar and diabetes.

#### How can I try and prevent Diabetes

Lifestyle changes can help prevent type 2 diabetes, the most common form of the disease. Prevention is especially important if you have a higher risk of type 2 diabetes. For example, you may have a higher risk of the disease if you have excess weight or obesity, high cholesterol, or a family history of diabetes.

If you've been diagnosed with prediabetes — high blood sugar that doesn't reach the level of a diabetes diagnosis — lifestyle changes can prevent or delay type 2 diabetes. Making a few changes in your lifestyle now may help you avoid serious diabetes health complications in the future. Nerve, kidney and heart damage are a few possible complications you can prevent with some changes. It's never too late to start.

- Being overweight is an issue. Set a weight-loss goal based on your current body weight. Talk to your healthcare professional about reasonable short-term goals and expectations. For example, aim to lose 1 to 2 pounds a week.
- Be more physically active. It is one of the reasons we promote fitness, exercise, and getting outdoors.
- Plants in your diet give you vitamins, minerals and carbohydrates. Carbohydrates include sugars and starches — the energy sources for your body — and fibre. Dietary fibre, also called roughage or bulk, is the part of plant foods your body can't digest or absorb. Fibre-rich foods promote weight loss and lower the risk of diabetes. Eat a variety of healthy, fibre-rich foods.
- Have more unsaturated fats in your diet. Unsaturated fats — both monounsaturated and polyunsaturated fats — promote healthy blood cholesterol levels and good heart and vascular health

## Laughter is the Best Medicine

Lazza's funny Joke page *(disclaimer, they may not be funny)*

I got a Womble Pepper Grinder for Christmas. But it does not work well.  
If you use it, everything is either  
Overground or Underground.

A panda walks into a bar. He orders a simple meal. After finishing it, he takes out a shotgun and fires it at the roof.

The bartender asks, "What the hell are you doing?!" The panda, walking out, says, "I'm a panda. Look me up."  
Later, the bartender looks it up, and the definition says, "Eats shoots and leaves."



A pirate walks into a bar with a peg leg, a parrot on his shoulder, and a steering wheel on his pants.

The bartender says, "hey, you've got a steering wheel on your pants."

The pirate says, "Arrrr, I know. It's driving me nuts."

Did you know there was a Roman Emperor who stopped aging after he turned 19 years of age.  
Yes, Emperor Constant Teen.

There was a trial going on in a small town. The prosecuting barrister called his first witness, an elderly grandmother.

He said: "Mrs Jones, do you know me?". "Why yes", she replied. "I've known you since you were a boy, and you have been a big disappointment. You lie, you cheat on your wife, and don't have a lot of brains."

The barrister was stunned. Not knowing what to do he pointed at the Defence Barrister and asked: "Mrs Jones. Do you know this man?" "Why yes," she replied. "I've known him since he was at school. He is lazy and arrogant and has a drinking problem. He is a terrible man and has cheated on his wife with three different women, including your wife."

The Judge was clearly annoyed, and called both the barristers up to his table. "I don't know what is going on," he said. "But if either of you ask her if she knows me I'll have you banned from the court and sent to prison."



## NUTRITION: Lazza's Kitchen Adventure

### Apricot & Chocolate Loaf Cake

Lazza has been trying out new recipes for over four years  
His first time making: Apricot & Chocolate Loaf Cake from scratch

#### Ingredients

275g Self Raising Flour  
225g Brown Caster Sugar  
250g Softened Unsalted Butter  
4 x Eggs  
Vanilla Essence  
Chocolate Chunks (Small)  
Pack of Soft Pitted Apricots (I saw these in the shop and had never bought before - you can of course use fresh apricots if you wish).

Soft pitted apricots are naturally sweet, tender dried apricots with a high moisture content, often partially rehydrated or specially processed for extra juiciness, making them chewy, moist, and similar to prunes, ideal for snacking, baking, or adding to salads. They are available in various forms. Soft pitted apricots are packed with fibre for digestion, antioxidants like beta-carotene for skin and eye health, and minerals like potassium and iron for heart function and energy, making them great for fullness, immune support, and overall well-being.

Another quite simple recipe - but turned out to be delicious.  
I wish I had sliced the apricots in half - which maybe is a good idea.

I mixed the butter and sugar together using an electric whisk.  
I then added in the vanilla essence and eggs, and again whisked together.  
I stirred in the flour gradually, before electric whisking once more.

Into my two loaf tins I laid out some of the soft pitted apricots at the bottom, before also sprinkling over some of the chocolate pieces. The rest of the apricots and chocolate I stirred into the mixture.

I divided up the mix then into the loaf tins, on top of the fruit/chocolate, and levelled the mix out.  
I put into the oven at 180C and baked for around 30 minutes. Do check on it then, it might need a little more if you put a skewer in and it is not done. I think mine took around 35 minutes in all.  
I turned them out after cooling for a bit. Tasted delicious.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great and very tasty bake to prepare.

## LAZZA's Letter Game:

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter **W**:

*(pls. note there may not be 10. Don't use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)*

### **Name 10:**

*Countries*

*Cities*

*Animals*

*Birds*

*Insects*

*Sports*

*Actors (surnames)*

*Actress (surnames)*

*Singers (surnames)*

*Authors (surnames)*

*Jobs*

*Hobbies*

*Film Titles*

*Book Titles*

*Song Titles*

*Vegetables*

*Flowers*

*Fruits*

*Trees*

*Things you find in the Kitchen*

*Things you find in the Bathroom*

*Things you find in the Bedroom*

*Things you find in the Garden*

*Items of Clothing*

*Means of Transport*

# Lazza's Letter Game

**Good Luck. See how many you can find during this week.**

**Keep coming back to it.**

**Try not to look the answers up.**

**If you get the urge to check, think about why you feel the need to do that!!**

## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. Age UK Islington works with adults of all ages (16yrs+), running activities, events and support groups focused on health and well-being. They help people with day-to-day issues and difficulties - including money worries, managing at home, getting out and about, getting into training and employment and much more.

Age UK Islington would be very happy to speak with you. Look at [www.ageuk.org.uk/islington/](http://www.ageuk.org.uk/islington/) Or Call: **020 7281 6018**: HMHB are doing some course events with Age UK, and look forward to more collaboration.

Better Lives is an integrated drug and alcohol service delivered by Camden and Islington NHS Foundation Trust in partnership with WDP and Humankind.

They offer a free and confidential support service for individuals and their families affected by drug and alcohol problem.

HMHB have ran some very successful Ajani courses with their users over the last few years. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, and will be restarting our Saturday morning session at the Sobell. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

The Haringey Wellbeing Network (HWN) is a mental health and wellbeing community support service for the London Borough of Haringey. The network is made up of three specialist mental health organisations and is the single point of entry for all community mental health support needs in Haringey.

HMHB has run several courses with them in the past, and we love helping their users. Call them on **0208 340 2474 (option 1)**.

**Email:** [Haringeywellbeingnetwork@mih.org.uk](mailto:Haringeywellbeingnetwork@mih.org.uk)



HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different types, so do check out their website and join in.

**[www.healthygenerations.org.uk](http://www.healthygenerations.org.uk)**

You can also contact Sam (Ops Manager) through their website. HMHB look forward to working with HG going forward.



## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 2



Mind is a UK mental health charity that supports people struggling with mental health problems by providing information, services, and campaigns to improve mental health support, tackle stigma, and campaign for better policies in areas like healthcare and employment. Their work includes offering support helplines, local community services, online resources like the “side-by-side community”, and workplace training to foster mentally healthy environments.

The Stuart Low Trust is a London-based health promotion charity that provides free and low-cost community activities to address social isolation and mental distress.

Founded in 1999 by Islington residents, the trust was established in memory of Stuart Low, a young man with schizophrenia who died by suicide after struggling to find adequate support. The charity operates from Islington but is open to all London residents.



HMHB is immensely proud of the large number of referrals we get directly from the NHS - means we have to be doing something right!!!. We get people from medical practices, health projects, hospital referrals, and more.

They are especially aimed at our work in promoting an active lifestyle, but making it fun and accessible.

Thank you so much for your incredible faith and support.

This is just a proposal at the moment, but we are very anxious to work with the Shaw Trust on the Government Employment Programme “Work Well” and have put in a proposal to them after speaking with their Director of Well-Being. The whole reason HMHB came into existence was to improve the intervention available to people who were out of work, to try and prevent mental health issues from growing, as well as combatting them, getting people back to work happier and healthier.

We will let you know news when it happens.

The Shaw Trust logo, featuring the words "shaw" and "trust" in a bold, dark blue, sans-serif font on a light blue background.

The Sadlers Wells logo, featuring the words "SADLERS WELLS" in white, bold, sans-serif font on a red background.

As you know, we love a theatre visit, and we have a terrific working relationship with the community engagement team at Sadlers Wells, who now have venues in both Islington and Stratford Olympic Park, as well as the Lilian Baylis Theatre and the Peacock Theatre, close to Holborn Station.

We regularly have five people attend their fantastic Friday community dance sessions, which are diverse and energetic. And we are able to get access to discount tickets for shows and events, and we love Elina and Natasha who help us.

[www.sadlerswells.com](http://www.sadlerswells.com)

## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 3



## Help on Your Doorstep

Help on Your Doorstep aims to improve the health and wellbeing of people in Islington, especially those who are vulnerable and isolated. Working with residents they seek to find solutions to the issues which make life difficult, strengthen communities to do more for themselves and enable people to improve their life chances.

Do contact them if you have an issue, and they can signpost you to the relevant people. [connect@helponyourdoorstep.com](mailto:connect@helponyourdoorstep.com)

HMHB are so proud to be part of a world-wide network that focuses on the benefits of walking for your health.

We are partners with the US based Walk With A Doc, that now has chapters all around the world.

Started back in 2005, it reaches into all continents, and we are humbled to be in their London based events.

We keep in contact, send them our health packs, and are on their social media and beyond. [www.walkwithadoc.org](http://www.walkwithadoc.org)



SHP's vision is of a society where everyone has a place to call home and the chance to live a fulfilling life. They help single Londoners by preventing homelessness, providing support and accommodation, promoting well-being, enhancing opportunity, and being a voice for change.

HMHB have done several courses to terrific feedback with SHP, and look forward to working more in the future.

[www.shp.org.uk](http://www.shp.org.uk) 0204 509 8300

HMHB have had a working relationship with VAI for over eleven years, and they have been extremely helpful as we developed and then started working with users.

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022 and 2023.

If you need help - please contact Yvette, Marta, Maria:

[www.vai.org.uk](http://www.vai.org.uk) Main phone no: 020 7832 5801

**Voluntary  
Action  
Islington**

### Answers to Fun Quiz from Page 21 - don't look till you have done all the quiz

- Round One: 1 Azo / Got 2 Hall / Tyne 3 TIAB / WAB  
 Round Two: 1, 4341: 2, 9656: 3, 263: 4, 13171: 5, 2.9 million:  
 Round Three: 1, 1954: 2, 1988: 3, 1911: 4, 1859. 5, 1973.  
 Round Four: All added to the English Oxford Dictionary around 1900.  
 Round Five: 1 Bakerloo: 2 Salisbury: 3 Superior: 4 Bananas:  
 Round Six: 1 Sheffield: 2 Cornwall: 3 Kent: 4 Somerset: 5 Norfolk:



## Review for this month's Challenges and Targets

### Mind-set:

So, we are one month in already, and how are you doing? Are you still feeling inspired to challenge yourself and make changes to be healthier and happier? Are you feeling motivated?

It can be very easy after the euphoria of the New Year to quickly drop back into bad habits and negative thoughts. The weather isn't great, dark mornings and evenings, and maybe you have slipped up already on some of your goals.

That does not matter. This is the second month. Sustainability comes from plodding on. Find that motivation again.



### Nutrition.

Regular readers of this Health Pack know we come back to revisit the Macronutrients every now and then, and it is a New Year I thought I would take another peek at Protein and Amino Acids. The building blocks of life as we know them. And absolutely vital we get them in our diet as nine of the twenty amino acids can only be found in our nutrition.

Ultimately, this is one of the major responsibilities we have - feeding our bodies the right foods to enable us to function. Do your own research, but be proactive. It's your choice!!



### Exercise.



In this issue we started by looking at how you recover properly after doing a workout, before running through nine good workout exercises.

Proper post-exercise recovery is crucial because it's when muscles repair and grow stronger, energy stores are replenished, and waste products are cleared, preventing overtraining, injury, and performance plateaus, ultimately leading to greater fitness gains and improved overall well-being, not just during the workout itself. Again, this is your responsibility, so do your own research.

### Health.

In this issue we looked at Diabetes, something that we need to be wary about if are not living a healthy lifestyle. Yes, it can be generic, but it can also be affected by our routines. It is a "silent" condition that, if left unmanaged, can cause permanent and life-threatening damage to almost every major organ in the body. High blood sugar levels over time destroy blood vessels and nerves, leading to serious health complication. Your behaviour can affect your health. So start being better about your decision making.



**Start thinking about setting weekly goals yourself on these topics.  
A small difference every week will grow into significant change over time.**



## Quiz Answers from Page 6 + from Page 28

### See if you can beat your family and friends

**COUNTRIES:** Decipher the letters to find a country of the world.

1. LEBANON
2. NORTH KOREA
3. VENEZUELA
4. UKRAINE
5. MONGOLIA
6. HUNGARY
7. ETHIOPIA
8. CAPE VERDE
9. ARMENIA
10. GUATEMALA
11. LITHUANIA
12. EYCHELLES
13. UNITED STATES

**MUSIC:** The singers of those Songs with “You” in the title, and the year it was **originally** released.

1. 1964: The Kinks
2. 1969: The Rolling Stones
3. 1962: James Ray
4. 1987: U2
5. 1975: Pink Floyd
6. 1986: Bon Jovi
7. 1956: Screamin’ Jay Hawkins
8. 1977: Billy Joel
9. 1988: Keith Whitley
10. 1989: Van Morrison
11. 1977: Queen
12. 1967: The Beatles
13. 1987: Rick Astley
14. 1984: Stevie Wonder

**FILM:** Here are the songs from those lyrics, and the year it was **first** released?

1. 1979: My My Hey Hey
2. 1969: My Way
3. 1961: Elvis Presley
4. 1979: Don’t Stop Me Now
5. 1955: Unchained Melody
6. 1974: I Will Always Love You
7. 1969: Proud Mary
8. 1978: You’re The One That I Want
9. 1970: Your Song
10. 1981: Prince Charming
11. 1980: The Winner Takes It All
12. 1975: Bohemian Rhapsody
13. 1971: Imagine
14. 1964: Goldfinger
15. 1983: True
16. 1984: Thriller
17. 1969: Sweet Caroline

**FILMS:** First 20 Full-Length Pixar Animation Films.  
 Toy Story: A Bug’s Life: Toy Story 2: Monsters Inc.  
 Finding Nemo: The Incredibles: Cars: Ratatouille  
 WALL-E: Up: Toy Story 3: Cars 2: Brave:  
 Monsters University: Inside Out: The Good Dinosaur  
 Finding Dory: Cars 3: Coco: Incredibles 2:

**QUIZ ANSWERS**

**Game Show Hosts: Did you name them? - from Page 28 (how well did you do? Tough wasn’t it?)**

- |                             |                      |
|-----------------------------|----------------------|
| 1: Richard O Brien          | 2: Richard Whiteley  |
| 3: Paul Daniels             | 4: Davina McCall     |
| 5: Nicholas Parsons         | 6: Gordon Burns      |
| 7: Matthew Kelly            | 8: Robert Robertson  |
| 9: Dermot O’Leary           | 10: Les Dennis       |
| 11: Rick Edwards            | 12: Amol Rojan       |
| 13: Bradley Walsh           | 14: Dermot Murnaghan |
| 15: Victoria Coren Mitchell |                      |

**PEOPLE:**

Can you list the last 10 Democratic US Presidents?

Jo Biden: Barack Obama  
 Bill Clinton: Jimmy Carter  
 Lyndon B Johnson  
 John F Kennedy: Harry S Truman  
 Franklin D Roosevelt  
 Woodrow Wilson  
 Grover Cleveland

# THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier lifestyle.

You can contact HMHB:

HMHB would prefer you email us: [hmhb2016@outlook.com](mailto:hmhb2016@outlook.com)

Please follow and like us on Facebook if you are on it:

[www.facebook.co.uk/healthymindshealthybods](https://www.facebook.co.uk/healthymindshealthybods)

Check out our JustGiving: [www.justgiving.com/crowdfunding/hmhb](https://www.justgiving.com/crowdfunding/hmhb)

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

We are creating a new Blog and Podcast in 2026 - watch this space for more details

Our website is: [www.hmhb2016.org.uk](https://www.hmhb2016.org.uk) you can contact us through the site.

We are updating it with new pages at the moment, and plenty of pictures on our gallery and outings pages.

**All copies of our Mental Health Packs can be downloaded from our website.**

HMHB: Official Nominee Team Islington Volunteer of the Year Awards 2021

Lawrence: **WINNER** Mayor Civic Award in 2022 (Outstanding Delivery)

Lawrence: **WINNER** at Volunteer of the Year Awards 2022

Lawrence: Official Nominee Mayor Civic Award 2023

Lawrence: **WINNER** Islington Volunteer of the Year 2023



ISLINGTON

*Cripplegate Foundation Helping since 1500*



**Be Safe, Be Active, Be Well**

[Link to our Website](https://www.hmhb2016.org.uk)